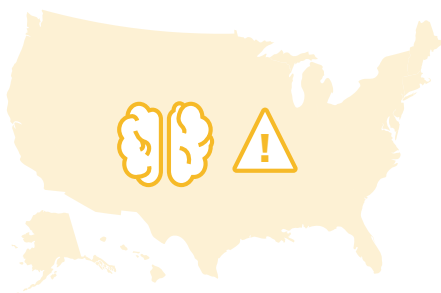




# Mental Health Matters

Mental health—your mental and emotional well-being—can change over time due to factors like workload, stress and work-life balance. Observed every May, **Mental Health Awareness Month** is a time to join together to support those living with mental or behavioral health issues and fight the associated stigma.



Mental illnesses are some of the **most common health conditions** in the United States.

**1 in 5** will experience a mental illness in a given year.

**1 in 25** lives with a serious mental illness (e.g., schizophrenia, bipolar disorder or major depression).

**More than 50%** of the population will be diagnosed with a mental illness at some point.

**Your overall well-being is connected to your mental health, so here are some strategies to help you thrive year-round:**



**Create healthy routines.** Healthy routines include eating a nutrient-rich diet, exercising and getting enough sleep. Start with small changes.



**Own your feelings.** It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



**Connect with others.** Connections help enrich your life and power you through challenging times. Connect with and lean on your support group.



**Cultivate gratitude.** Practicing gratitude is linked to improved mental health. Consider keeping a gratitude journal, meditating or making a point to thank people in your life.

## Remember that you're not alone.

If you have concerns about your mental health, reach out to a doctor or use these confidential 24/7 resources:

Call the Substance Abuse and Mental Health Services Administration's **National Helpline** at 800-662-HELP (4357) for referrals to treatment facilities, support groups and community-based organizations.

Call or text 988 to reach the **988 Suicide and Crisis Lifeline** to be connected to trained counselors who will listen, provide support, connect you to community resources or dispatch emergency services if necessary.