



Counseling Newsletter



MENTAL HEALTH AWARENESS

Mental Health Awareness Month is observed through the month of May. Mental Health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system. Each year millions of Americans face the reality of living with a mental illness.

After the last two years of pandemic living, many people are realizing that stress, isolation and uncertainty have taken a toll on their well-being. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

1. Wang, P.S., Berglund, P.A., Olsson, M., Kessler, R.C. (2004). Delays in initial treatment contact after first onset of a mental disorder. *Health Services Research*, 39(2).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361014/>



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Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave.

It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life.

Everyone has mental health, and it deserves your attention just as much as your physical health does. Mental health is important for all of us. Taking care of yourself is critical to prevent your mental health from worsening – factors like nutrition and gut health, stress, relationships, trauma, and more can contribute to poor mental health.

trauma, and more can contribute to poor mental health. If your mental health is in a good spot, it is a great time to practice coping skills so that you're better able to handle tough times when they happen. You can have times of poor mental health without having a diagnosable condition – just like you can be generally physically unhealthy without having a particular illness. A mental health concern is anything that causes a person to believe their mental health may be suffering.



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You don't need to be diagnosed with a mental health condition to be dealing with a mental health concern. Many people struggle with not feeling "sick enough" to seek help early on in their mental health journey. The average delay between symptom onset and treatment is 11 years, meaning many people spend months or years facing mental health challenges before getting a diagnosis. It is never too early to seek treatment - if you want help for your mental health, you deserve to get it! A mental health condition refers to a set of symptoms that the mental health community has identified.

For some, this means extreme and unexpected changes in mood. For others, it means not thinking clearly, pulling away from friends and activities you used to enjoy. To be diagnosed, the changes in your thinking and emotions must be seriously hurting your ability to do the things you want to do; and sticking around longer than they should - weeks or months, depending on the condition. No matter what kind of mental condition someone is facing, it's always possible to recover.



May

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RESOURCES



Samhsa



National Institute of
Mental Health



Children's Mental Health
statistics/facts



We all have
Mental Health



What is
mental health?



Mental Health 101

HAPPY
Summer