



Resources *for* Living®

Be aware of mental health needs around you

May is Mental Health Awareness Month. Here are some important facts to consider as the month begins — each year:¹

- 1 in 5 U.S. adults experience mental illness.
- 1 in 6 young people between the ages of 6 and 17 experience a mental health disorder.

With so many people struggling with depression, anxiety, suicidal thoughts or other diagnosable issues, why don't more of us reach out for help? Among the reasons are shame, fear and distrust.

The stigma of mental health still exists even in our world of news and facts. The fear of judgment, disgrace and discrimination keeps many people from seeking help.

Now's the time to be aware

You can help. Now's the time to build awareness, acceptance and compassion. Use the resources listed below to learn more about how to talk about mental illness, how to notice when someone may need help and how to reach out for assistance. Help yourself and others by expanding your awareness.

- [Personal perspective: Supporting a stranger](#)
- [Turning stigma into support](#)
- [How to identify and support employees in difficult situations](#)
- [Infographic: Know the signs](#)
- [Mental health awareness guidebook](#)

Look out for more resources all this month

Each week throughout May, we'll share more information and resources in support of mental health awareness. And remember: You can call us 24/7 to talk with a professional about issues you may be facing.

¹[Mental Health By the Numbers](#). Accessed March, 2021.

Make your mental wellbeing a priority. We're here 24/7 for you, your household members and children living away from home up to age 26.

Give us a call for free, confidential help and referrals for any emotional or mental health concerns you may have.

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