



May is Mental Health Awareness Month



Since 1949, May has been Mental Health Awareness Month in the United States. It's about coming together to recognize that mental well-being matters and affects us all.

In the U.S.

1 in 5

adults experience a mental illness each year.¹

It's important to know there is help and you are not alone.



That means it's likely that you or someone you know is managing a mental health issue. If someone struggles with depression, anxiety, bipolar disorder or another mental health concern, it also impacts everyone who cares about that person. We all have reason to become more aware and proactive regarding our own mental well-being and the mental well-being of others.

Here are some ways you can support your mental health:

- Practice self-care
- Manage your stress
- Seek support and connection
- Ask for and accept help

You can also support mental well-being in others by:

- Learning about mental health issues
- Using respectful language when talking about mental illness
- Talking openly about mental health concerns to help reduce the stigma around mental illness
- Reaching out and offering support to others

Focusing on mental health is important all year round. Take care of your own mental well-being. Learn more about mental health issues and reduce stigma. And offer support to those who are struggling.

Together we can make a difference.

¹NAMI: Mental Health By the Numbers. Available at: [nami.org](https://www.nami.org). Accessed March 2024.