



May: Mental Health Awareness Month

May is Mental Health Awareness Month. For 2018, the theme of the month is Whole Body Mental Health, with a focus on understanding how our bodies impact our mental health based on recent research. Increasingly what the research is finding is that, from food to fitness to gut flora, the elements that make up personal wellness also affect mental wellness.

When we fail to be mindful of our health as a whole, stress, anxiety and even the day-to-day pressures of life can build into something bigger. In fact, about half of all Americans will meet the criteria for a diagnosable mental health disorder at some point in their lives. Intervening effectively during the early stages of mental illness can improve the future of those dealing with mental illnesses.

By taking away the stigma and removing the barriers to treatment, Mental Health Awareness Month serves as a reminder that help is readily available and accessible.

An easy way to determine whether you or someone you know is experiencing symptoms of a mental health condition is to take a mental health screening. The Mental Health America website, at www.mhascreening.org, offers free screenings for depression, anxiety, bipolar disorder or post-traumatic stress disorder.

You also can contact your GuidanceResources® program. We're here 24 hours a day, seven days a week to speak confidentially with you about counseling or offer other resources about mental health care. This service is provided by your employer to you and your household members at no cost.

Here when you need us.

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