

# MAY 2024

## Is Mental Health Awareness Month

An individual's mental health—how one thinks, feels and acts—can change over time due to various factors. Mental illnesses are some of the most common health conditions in the United States. While 1 in 5 adults experiences mental illness each year, less than half of them receive treatment. The stigma around mental health and treatment has long existed, but fortunately, it's becoming less of a taboo topic.

May is Mental Health Awareness Month, but prioritizing mental health is essential year-round. If you know someone who is experiencing a mental illness, be supportive, validate what they are going through and minimize judgment about seeking help. Americans can dial 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles.

Contact us for additional mental health resources.