

## **MENTAL HEALTH AWARENESS MONTH**

**MAY 1-31, 2022**

The stigma around mental health and treatment has long existed. People hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

Show your support: Mental Health Awareness is represented by a green ribbon.

### **Mental Health and Youth**

Recent national surveys of young people show alarming increases in the prevalence of anxiety, depression, and other behavioral health challenges that have been increasing consistently over the past decade. Last year the Surgeon General issued a new Advisory to highlight the urgent need to address the nation's youth mental health crisis, outlining the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the COVID-19 pandemic. Centers for Disease Control and Prevention (CDC) data shows that in 2021, more than a third of high school students reported experiencing poor mental health during the COVID-19 pandemic.

(Resource: <https://www.hhs.gov/about/news/2022/05/03/fact-sheet-celebrating-mental-health-awareness-month-2022>)

### **HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH**

**1-TAKE CARE OF YOURSELF:** Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.

**2-TAKE CARE OF YOUR LOVED ONES:** Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

**3-TALK ABOUT MENTAL HEALTH:** One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

(Resource: <https://nationaltoday.com/mental-health-awareness-month>)

### **TAKE ACTION!**

Follow the link below for Mental Health Spirit Week Information!

Thank you to Riverside Superintendent of Education for sharing the following link for resources and FREE workshops for staff, parents, and students.

<https://www.rcoe.us/about-us/superintendent/superintendent-s-initiatives/mental-health-initiative>