

## May: Mental Health Awareness

Nearly one in five Americans lives with a mental health condition, according to the National Institute of Mental Health. One in six U.S. youth aged 6-17 experience a mental health disorder each year. Depression alone costs the nation about \$210.5 billion annually.

**Disorders include any mental, behavioral, or emotional disorder such as:**

- Depression
- Anxiety
- Mood disorders, including bipolar disorder
- Personality disorders
- Psychotic disorders, including schizophrenia
- Trauma
- Eating disorders
- Substance -use disorders

**Contributing Factors for the Decline of Mental Health**

- Isolation
- Sickness
- Grief
- Stress
- Lack of access to mental health services



**Mental health is important because it can help you to:**

- Cope with the stresses of life.
- Be physically healthy.
- Have good relationships.
- Make meaningful contributions to your community.
- Work productively.
- Realize your full potential.

**~It is okay to not be okay. You are not alone~**

<https://www.tupeloschools.com/mental-health/mental-health>