

WELLNESS AT HOME, WORK, & BEYOND

MENTAL HEALTH AWARENESS NEWSLETTER

May marks Mental Health Awareness Month, a time dedicated to emphasizing the importance of mental well-being and encouraging proactive steps toward a healthier mind and reduced stigma. Recognizing and addressing mental health is vital for overall wellness, and this month serves as a reminder to prioritize self-care and support those around you.



UNDERSTANDING MENTAL HEALTH AWARENESS



Mental health awareness isn't just about recognizing signs and symptoms. It's about creating a safe space for real, supportive conversations. When you help foster an environment that's open and compassionate, you make it easier for others and yourself to feel comfortable seeking help and sharing experiences. By learning, listening, and leading with empathy, you play a powerful role in building a culture where mental well-being is valued and supported at home, in the workplace, and in communities. Awareness is the first step in making mental health a visible, accepted, and ongoing part of our collective well-being.

WHY IT MATTERS:

1. **Reduce stigma:** Open discussions about mental health diminish misconceptions, reduce stereotypes, promote acceptance, and encourage help-seeking behavior.
2. **Early intervention:** Awareness helps in identifying signs of mental health issues early, leading to timely support and better outcomes.
3. **Enhanced support systems:** Educated communities can offer better support to those struggling, creating a network of understanding and assistance.

10 WAYS TO SUPPORT MENTAL HEALTH AWARENESS THIS MONTH



1. **Wear green for awareness:** Wearing green is a powerful visual reminder that mental health matters. Snap a selfie and add mental health hashtags to inspire others.
2. **Light up the conversation:** Start meaningful discussions about mental health with friends, family, and/or coworkers. Being open about how you feel and sharing supportive content can help reduce stigma and show others they're not alone.
3. **Check in on others:** A quick message or call can make a meaningful difference. Ask how someone is really doing, and let them know you're there to listen without judgment.
4. **Take a mental health screening:** Use online tools to check-in with your emotional well-being or schedule a session with a mental health professional. Early check-ins help you or someone you care about get the support needed.
5. **Practice and promote self-care:** Whether it's moving your body, journaling, meditating, listening to music, or unplugging for a bit, find what helps you recharge and make it a regular habit.
6. **Be compassionate with yourself and others:** Everyone's journey looks different. Approach yourself and those around you with patience, empathy, and kindness.
7. **Educate and advocate:** Learn about mental health topics and share accurate, supportive information to help correct misconceptions.
8. **Support mental health organizations:** Get involved with groups that provide essential services and raise awareness by volunteering, donating, or sharing their work on social media to amplify their reach.
9. **Encourage workplace wellness:** Promote initiatives like mental health days, flexible schedules, stress-management workshops, or access to employee support programs.
10. **Join or host a local event:** Attend or organize events like walks, fundraisers, or webinars to build community support.

RESOURCES FOR SUPPORT



Mental Health America:
Offers resources and tools for mental health support. Visit mhanational.org



SAMHSA's National Helpline: For confidential support 24/7, call 1-800-662-HELP (4357).



988 Suicide & Crises Lifeline: If you or someone you know is in crisis, call or text 988 for immediate assistance.

FindTreatment.gov

Find a Treatment Facility:
A confidential, anonymous tool to help you locate mental health and substance use treatment services across the U.S. and its territories. Visit findtreatment.gov for more info.



HIGHLIGHT OF THE MONTH

Podcast picks for Mental Health Awareness:

"What Employees Need for Their Mental Health"

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From NAMI's Hope Starts With Us podcast

This episode dives into what makes a workplace truly supportive, from flexibility and empathy to breaking stigma and prioritizing mental wellness. A must-listen for anyone wanting to create or be part of a healthier work environment.

HEALTH COACHING



Schedule your coaching appointment today by emailing **Coach Bre** at BreanneM@holisticly.io