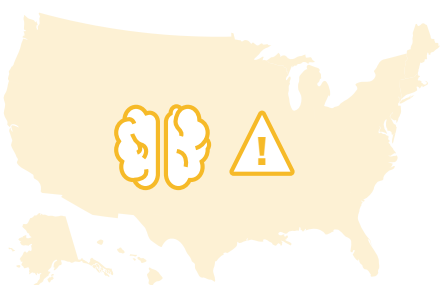
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Mental Health Matters

Mental health—your mental and emotional well-being—can change over time due to factors like workload, stress and work-life balance. Observed every May, **Mental Health Awareness Month** is a time to join together to support those living with mental or behavioral health issues and fight the associated stigma.



Mental illnesses are some of the **most common health conditions** in the United States.

1 in 5 will experience a mental illness in a given year.

1 in 25 lives with a serious mental illness (e.g., schizophrenia, bipolar disorder or major depression).

More than 50% of the population will be diagnosed with a mental illness at some point.

Your overall well-being is connected to your mental health, so here are some strategies to help you thrive year-round:

Create healthy routines. Healthy routines include eating a nutrient-rich diet, exercising and getting enough sleep. Start with small changes.

Own your feelings. It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.

Connect with others. Connections help enrich your life and power you through challenging times. Connect with and lean on your support group.

Cultivate gratitude. Practicing gratitude is linked to improved mental health. Consider keeping a gratitude journal, meditating or making a point to thank people in your life.

Remember that you're not alone.

If you have concerns about your mental health, reach out to a doctor or use these confidential 24/7 resources:

Call the Substance Abuse and Mental Health Services Administration's **National Helpline** at 800-662-HELP (4357) for referrals to treatment facilities, support groups and community-based organizations.

Call or text 988 to reach the **988 Suicide and Crisis Lifeline** to be connected to trained counselors who will listen, provide support, connect you to community resources or dispatch emergency services if necessary.

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