



Mosaic Counseling
Employee Assistance Program

QUESTIONS ABOUT YOUR EAP BENEFITS?
EMAIL CHRIS@MOSAICCOUNSELING.COM
TO PRIVATELY LEARN MORE ABOUT YOUR EAP
YOUR PRIVACY IS PROTECTED BY HIPAA LAWS

MOSAIC MENTAL HEALTH TIPS

THE OFFICIAL EAP NEWSLETTER FROM MOSAIC COUNSELING

THE IMPORTANCE OF MENTAL HEALTH AWARENESS MONTH

BY THE LIFESPAN BLOG TEAM
[HTTPS://TINYURL.COM/2SHR5Z7Z](https://tinyurl.com/2SHR5Z7Z)

WHEN IS MENTAL HEALTH AWARENESS MONTH?

May is Mental Health Awareness Month. While it was first recognized in 1949, it has never been more pertinent than now to recognize the role mental health plays in our overall well-being and the value in raising awareness and helping those in need receive treatment.

WHAT IS MENTAL HEALTH AWARENESS MONTH?

Mental Health Awareness Month was originally established by the Mental Health America organization and is recognized during the month of May. It was created as a way to educate the public about mental illness, raise awareness surrounding research and treatments, reduce the stigma associated with mental illness, and celebrate recovery from mental illness. Because of misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment for their conditions. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it.



WHAT IS THE IMPORTANCE OF MENTAL HEALTH AWARENESS MONTH?

Whether or not someone personally suffers with a mental health issue, Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights ways to advocate.

Recognition and education are important ways to remove the stigma associated with mental illness. Mental Health Awareness Month creates a time and space to start a conversation. Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network.



It's important for caregivers, friends, and loved ones to understand the impact that mental health has on daily life. Mental Health Awareness Month provides education about the reality of living with a mental health condition - while it can make life more difficult, it doesn't have to stop someone from having a fulfilling life. When people are better educated on these conditions, they can better support and help someone dealing with a mental health issue.

Mental Health Awareness Month also provides an opportunity for fundraising, outreach, and awareness events. This, in turn, can help support research, fund treatment options, and connect advocates to create a brighter, more promising future of mental health care.

WHO CAN BENEFIT FROM MENTAL HEALTH AWARENESS MONTH?

Everyone! Nearly one in five adults in the US has a mental health condition. But that one person has family, friends, and others whose lives are touched by their condition, even if they don't themselves suffer from one. You might be surprised by the prevalence of mental health conditions in adults in the US:

- 48 million have an anxiety disorder
- 21 million have major depression
- 9 million have post-traumatic stress disorder
- 7 million have bipolar disorder
- 3.5 million have borderline personality disorder
- 3 million have obsessive compulsive disorder
- 1.5 million have schizophrenia

Mental Health Awareness Month helps those with a condition overcome the stigma and get access to treatment. It helps their friends, family, and loved ones better understand their condition and connect with support networks. It helps the providers who treat those with a condition receive funding for their research and treatment so they can better care for all our mental health. In short, we can all benefit from Mental Health Awareness Month.

WHAT CAN YOU DO TO RAISE AWARENESS FOR MENTAL HEALTH?

There are many opportunities for fundraising, community outreach, and awareness events during Mental Health Awareness Month. Mosaic Counseling hosts many fundraisers each year to raise funds used to connect our community members to the resources they need. Programs like the School Outreach Program which connects kids with licensed therapists inside of their school to avert financial or transportation barriers & QPR (Question, Persuade, Refer) Suicide Prevention Training helps train community members to recognize the signs of mental struggles in those around them and how to talk with those individuals and connect them with the right resources.

These programs would not be possible without the help of volunteers, sponsors, and participants of these fund and awareness raising events.

If there is someone in your life struggling with their mental health, the best thing you can do is reach out and start a conversation. Educate yourself on the realities of living with mental health issues and confront any feeling of stigma or judgment you may have. Just supporting those in your life can spread the message of awareness and acceptance.

