

Mental Health Matters

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Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or co-workers. Mental health – your emotional, psychological, and social well-being – can change over time due to factors like workload, stress, physical health, and a traumatic life event.

Observed every May, **Mental Health Awareness Month** is a time to join together to support those living with mental or behavior health issues and fight the associated stigma.

3 IN 10 PEOPLE WILL EXPERIENCE DEPRESSION

According to the American Psychiatric Association, 29% of adults have been diagnosed with depression at some point in their life. While certain factors increase the risk of developing depression, it can affect anyone, at any age, and of any race or ethnic group.

SYMPTOMS OF DEPRESSION

- Persistent sad, anxious or “empty” feelings
- Feelings of guilt, worthlessness and/or hopelessness
- Irritability, restlessness and/or fatigue
- Loss of interest in activities once found pleasurable
- A dramatic change in appetite or weight
- Insomnia
- Thoughts of suicide or death

However, it’s essential to know that depression is treatable, and with the right support & strategies, individuals can lead fulfilling and happy lives. One of the first steps in treating depression is seeking professional help. Additionally, building a strong support network of friends and family and engaging in self-care practices are also crucial for managing depression. **What you can do:**

- Try to keep doing activities you used to enjoy
- Exercise regularly, even if it’s just a short walk
- Avoid or cut down on alcohol and don’t use illicit drugs
- Stick to regular eating and sleeping habits as much as possible
- Stay connected to friends and family
- Talk to someone you trust about your feelings

Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24/7.

