

Mental Health

😊 😞 😟 😓 😡 Awareness Month 

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



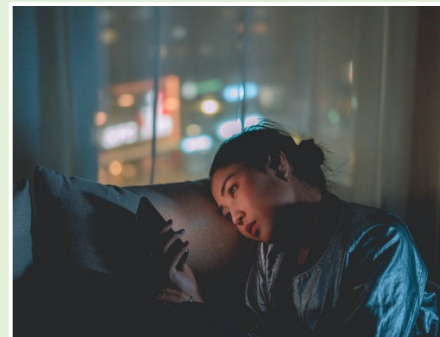
May is Mental Health Awareness Month.

It is a national movement aimed at raising awareness about mental health. Since 1949, [Mental Health America](#) and their affiliates across the country have led this national observance by reaching millions of people through the media, local events and screenings. Behavioral Health is one of [Level Up's](#) five dimensions. We will be highlighting the importance of mental health concerns throughout the month of May.

If you're feeling something, you're not alone.

Millions of people in the United States are affected by mental illnesses each year. According to [The Centers for Disease Control and Prevention \(CDC\)](#), mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long lasting (chronic) and affect someone's ability to relate to others and function each day. The CDC also highlights these numbers:

- **More than 50%** will be diagnosed with a mental illness or disorder at some point in their lifetime.
- **1 in 5 Americans** will experience a mental illness in a given year.
- **1 in 5 children**, either currently or at some point during their life, have had a seriously debilitating mental illness.
- **1 in 25 Americans** lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.



Check in with yourself.

Unfortunately, there is still stigma and misinterpretations concerning mental health. We encourage you to check out these self-quizzes:

- [Take Control of Your Stress](#) – visualize the stress you're feeling, and get suggestions for making a plan tailored to your level of stress
- [Mental Health Quiz](#) – increase your knowledge and understanding, and see if you can you separate the myths from the facts.

Here are some additional resources...

There is a wealth of information on mental illness. We also encourage you to educate yourself and others on mental health by exploring these national organizations.

- [National Alliance on Mental Illness](#)
- [National Institute of Mental Health](#)
- [U.S. Department of Health and Human Services](#)

On-Demand Webinar: Managing Anxiety with Coronavirus Fears and Concerns

Check out this on-demand webinar to support your mental and behavioral health. Watch at your convenience.

- **Webinar:** Managing Anxiety with Coronavirus Fears and Concerns
- **Presenter:** Dr. Tom Troast, Ph.D., LPC
- **Resources:** [View to webinar](#)



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