







Mental Health Awareness

An individual's mental health—how one thinks, feels and acts—can change over time due to various factors. Mental illnesses are some of the most common health conditions in the United States. While 1 in 5 adults experiences mental illness each year, less than half of them receive treatment. The stigma around mental health and treatment has long existed, but fortunately, it's becoming less of a taboo topic.

May is Mental Health Awareness Month, but prioritizing mental health is essential year-round. If you know someone who is experiencing a mental illness, be supportive, validate what they are going through and minimize judgment about seeking help. Americans can dial 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles.

MAY 2024

-  Women's Health Week
-  Employee Health & Fitness Day
-  National Bike-to-Work Day
-  [Connection of Mental Health & Chronic Illness](#)
-  [Seeking a Mental Health Professional](#)
-  [Mental Health Benefits of Exercise](#)

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Wellness Walk with HRH at 2 PM - Nutrition 101	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
						
19	20	21 Tai Chi with HRH at 5:30 PM in Plainfield	22	23	24	25
26	27 Memorial Day	28	29	30	31	