



MAY 2023

Is Mental Health Awareness Month

Mental illnesses are some of the most common health conditions in the United States. In fact, The Centers for Disease Control and Prevention estimates that more than 50% of the population will be diagnosed with a mental illness at some point. Your mental health can change over time due to various factors.

May is Mental Health Awareness Month, so check in on yourself and others. Along with increased transparency and empathy around mental health, new resources, such as the National Suicide Prevention Lifeline (Lifeline), are also available. 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. You can also call the Lifeline if you're worried about a loved one who may need emergency support.