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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month, are you aware of your own mental health? According to Substance Abuse and Mental Health Services Administration (SAMSHA), 1 in 5 people have experienced some type of mental health condition in the last year. You are not alone.

Your mental health is just as important as your physical health, so make sure that you are taking the time to take care of yourself. Any day is a good day to start, but tomorrow May 16th is Mental Health Action Day and it the perfect day to do something for yourself, a loved one, or your community. SAMSHA has many resources and strategies to help you develop positive mental health habits. Here are a few you could try today:

- Practice gratitude: Think about what you're thankful for – like supportive family and friends, a safe home, or even a beautiful day. Or find something to celebrate, like a recent accomplishment. Consciously practicing gratitude may reduce feelings of stress and anxiety.
- Volunteer: Participating in community organizations and finding opportunities to help others can provide a positive boost and sense of purpose.
- Engage in random acts of kindness: Buy a cup of coffee for the person in line behind you, hold the door open for a stranger, or make food for a neighbor or colleague. There are many small acts that can brighten someone else's day.
- Practice mindfulness: Take a few minutes to meditate, take a yoga class or do some breathing exercises to promote relaxation and reduce stress.
- Seek Help: Whether it is for yourself or someone else, seek help through SAMSHA's resources. Recovery is possible.
- Take time to check in with others: a listening ear can make a significant difference on someone's life.

If you or someone you know is in crisis, seek help immediately- call or text 988 or chat with the 988 lifeline at [988lifeline.org](https://www.988lifeline.org), 24 hours a day, seven days a week.