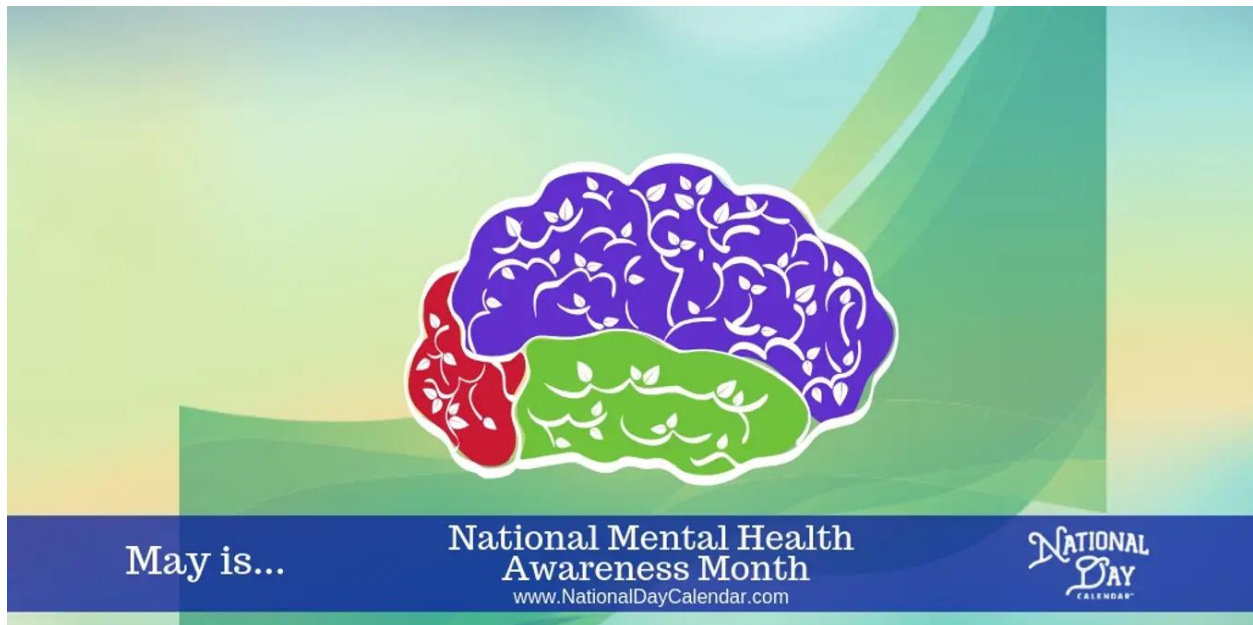
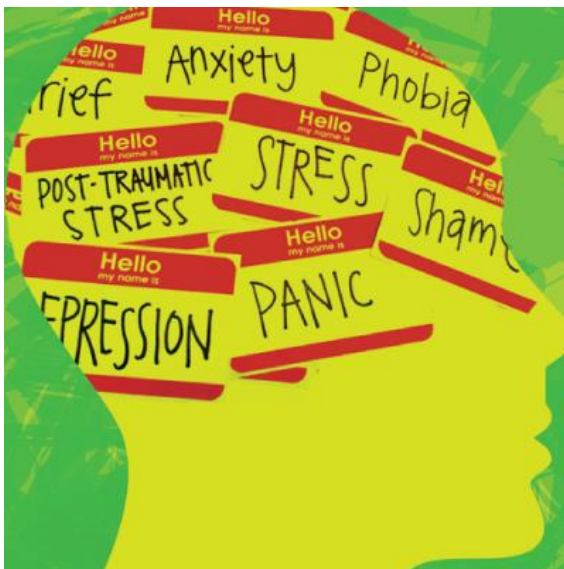


May is Mental Health Awareness Month

Brought to You by the GHC Diversity Committee



There's a lot going on these days that can cause everyone to have stress. Those who already have mental health issues may be having a really difficult time with the added stress and uncertainty. Everyone needs to take the time to not just be kind and caring of others, but to do so for themselves as well. Here are several links to websites with information, tools, and resources of use during this month of Mental Health Awareness and beyond.



[Tools to Thrive](#)



[How to
Care for
Yourself
While
Practicing
Physical
Distancing](#)



[The National Council for Behavioral Health](#)



Transforming the understanding
and treatment of mental illnesses.

[Shareable Resources on Coping
with COVID-19](#)

[Education and Awareness](#)



[Mental health & COVID-19](#)



[You Are Not Alone](#)



[Mental Health & COVID-19
Resources](#)



Psychological Health Center of Excellence

(formerly Deployment Health Clinical Center)

Sharing Mental Health Resources Available to Our Military Communities



Jewish Mental Health Awareness Month Events



MENTAL HEALTH AWARENESS MONTH Mental Health Checklist

EVERY DAY I WILL:

- ☐ Move my body
- ☐ Take a screen-time break
- ☐ State 3 things I am grateful for (write down or say aloud)
- ☐ Eat fruits and vegetables
- ☐ Sleep for 7-9 hours a night

ONCE EACH WEEK I WILL:

- ☐ Connect virtually with a friend or family member
- ☐ Plan an outdoor activity, like a picnic, hike or bicycle ride
- ☐ Set a new goal, like finishing a work, school or home project
- ☐ Claim a win for the week: It can be big or small. Celebrate with a reward or an act of kindness towards yourself!

ONCE THIS MONTH I WILL:

- ☐ Finish reading a book
- ☐ Take a 1-day break from all social media and news
- ☐ Try a creative activity
- ☐ Help someone or complete a community service project

Choose 2 more activities that are personal and meaningful to your mental health:

REFLECTIONS:

♥ **MENTAL HEALTH TIP:** Check-in with how you are feeling often! "Labeling your emotions is key. If you can name it, you can tame it." — Marc Brackett, Ph.D., Yale Center for Emotional Intelligence

Make It OK

MakeItOK.org/IOWA

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

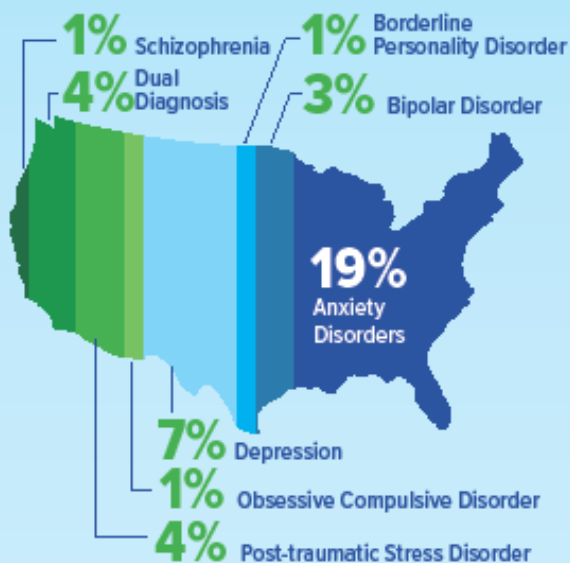
1 in 25

1 in 25 U.S. adults
experience serious
mental illness

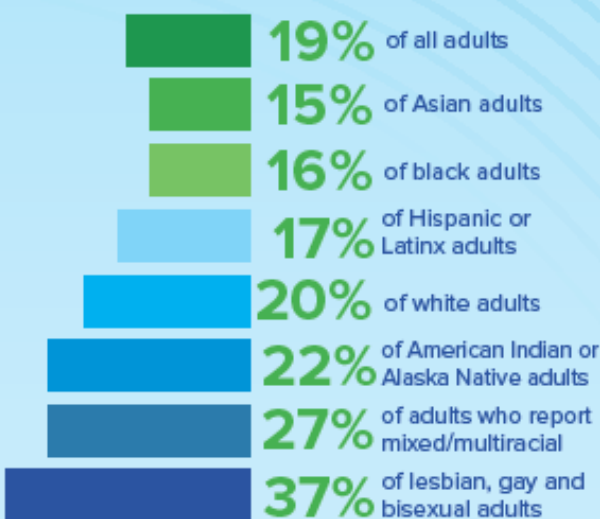
17%

of youth (6-17 years)
experience a mental
health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health
care professional



Call the NAMI
Helpline at
800-950-NAMI (6264)



Connect with
friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/nhmstats

NAMI Helpline
800-950-NAMI (6264)

NAMI

NAMICommunicate

NAMICommunicate

www.nami.org

NAMI
National Alliance on Mental Illness