



Why Mental Health Month Matters

by NEWLIFEOUTLOOK TEAM

The Importance of Raising Awareness of Mental Illness

With nearly 20% of the population affected by mental health issues, you'd think there would be more understanding and empathy towards people living with anxiety and other mental illnesses.

Instead, there's stigma and shame, which makes many hesitate to reach out for support and treatment.

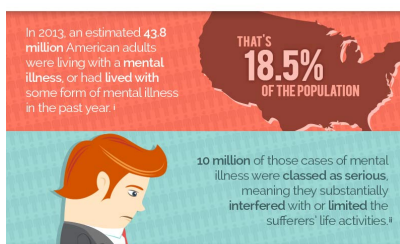
Anxiety disorders affect more Americans than any other mental illness and although these disorders are very treatable, very few people – about a third – receive that treatment.

This is why it's so important to raise awareness about anxiety disorders and mental health in general.

May is Mental Health Month. Think of it as an opportunity to share with everyone you know that having an anxiety disorder is nothing to be ashamed of.



It is not uncommon for a person to experience two or more mental health issues in tandem.



Medications, therapies and lifestyle changes can all help to treat the symptoms of mental illnesses, but there is no one size fits all approach. Each person's experience is different.

CAN CHILDREN SUFFER FROM MENTAL ILLNESS?

Children can experience mental health problems, too. Around **13%** of children **aged 8 to 15** experience some form of mental disorder.ⁱ

What is The Most Common Mental Illness Children?

The most common mental illness in children is **ADHD**, but mood disorders, major depression, anxiety disorders and even eating disorders can affect children.ⁱⁱ

WHAT CAUSES MENTAL ILLNESS?

There is no one thing that causes mental illness. However, the following are common contributing factors:

- Genetics
- An imbalance of chemicals in the brain
- A brain defect or damage
- Trauma in childhood

In a person who is susceptible to mental health problems, external events like a death or break up can trigger mental illness.

Mental illness is **NOTHING TO BE ASHAMED OF!**

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May is Mental Health Month. Share this with your friends and family to help raise awareness and show your support for the millions of Americans living with a mental illness.

Resources:

i. <http://www.samhsa.gov/data/nseos/default2.cfm?nid=NCJ218130>
 ii. <http://www.samhsa.gov/data/nseos/default2.cfm?nid=NCJ218130>
 iii. <http://www.samhsa.gov/data/nseos/default2.cfm?nid=NCJ218130>
 iv. http://www.thekidsfoundation.org/html/about_mental_illness.html