Why Mental Health Month Matters

by NEWLIFEOUTLOOK TEAM

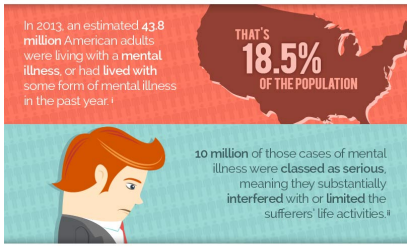
The Importance of Raising Awareness of Mental Illness

Despite the fact that nearly 44 million American adults live with some form of mental illness, there is still a huge stigma attached to almost all mental health conditions, including depression.

Ending this stigma, which makes so many people afraid to get help, is just one of the reasons it's so important to raise awareness about mental health.

May is Mental Health Month, the perfect opportunity to spread the word that having a mental health condition is nothing to be ashamed of. You can start by sharing this infographic with your friends, family, and anyone else you can think 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.