

Mental Health Awareness Month



May is national Mental Awareness Month. This is an important topic as it affects 1 in 5 American adults. It is important to be educated and know the facts because unfortunately there are still some mental stigmas that mislead a lot of the population.

Mental health is a huge factor in our overall well-being, so we all need to be aware of how we can recognize symptoms and seek help for ourselves and those who are suffering. Here are the top reasons why talking about mental health is important.

Why is Mental Health Awareness Education important

1) It reduces stigma.

People who suffer from mental illness can often feel alone and stereotyped. The stigma that mental illness is something to be kept secret can further hinder the mental health of those suffering, even to the point where they may feel uncomfortable and embarrassed seeking any treatment at all. As a community, when we talk about our mental health issues and provide safe places to seek support. Mental illness does not define a person and it isn't shameful.



2) It affects more people than you know.

Almost everyone is affected by mental illness. Whether they are personally dealing with it or they have a loved one who is. A recent study found that nearly 43.8 million (1 in 5 American adults) suffer from a mental illness each year.



3) It increases awareness.

To build on the discussion of stigma, discussing mental illness can help people engage support and realize that they are not alone in their struggle. Having a sense of community reduces stigma as well, so those who are seeking support and recovery from their mental illness can actively receive it, without feeling self-conscious and alone.

For those who are not affected by mental illness firsthand, an increase in awareness and discussion helps keep everyone well-informed on risks, symptoms, treatment and prevention. When we talk openly about mental health, everyone can better receive the help they need.

4) It helps people seek treatment.

Talking about mental health increases awareness, education and support, while decreasing stigma. This can also help open the door for people seeking treatment or help with their mental health. Many mental health conditions are extremely treatable. Recovery starts with one step towards treatment. Continuing awareness increasing awareness increases the chances for help early on.



It's OK to get help

In preparation for May (Mental Health awareness month) we are going to create a portrait that “sheds some Light” on a mental health topic, much like chiaroscuro art.

To start the project go to your project page and choose one of the Mental Health Topics (*Paranoia, Stress, Anxiety, Bipolar, Depression, Eating disorders*) and complete research paragraph that answers the following.

In your Do Now portfolio answer the following questions in a short research paragraph (100 words)

1. What is your Mental Topic
2. Describe what and how a person feels when they suffer this
3. Why does it occur?
4. What are some emotions (list 4) a person may experience
5. How common is it?
6. How can others help