



## *May is Mental Health Awareness Month*



Mental illness can affect anyone at any time in their life. In 2012, 18.6% of U.S. adults were estimated as having some form of mental illness. Just over 20% of children have suffered from serious mental illness.

Often people will not seek help when facing mental illness as there is an unjustified stigma in our culture that dissuades acknowledgement of a problem. Leaving any illness without treatment, however, risks making it worse.

Many groups are actively working towards alleviating stigma-related treatment barriers. Groups such as [NAMI](#) have programs to educate the community and lobby for respectful, stigma-free practices in public and private workplace policies. New and creative therapeutic methods, such as cell phone apps, arise with new technologies allowing easier accessibility to those in need.

Click [here](#) for some ideas on how to make a difference in day-to-day life and [here](#) to learn about supporting a loved one in need.