MAY IS MENTAL HEALTH AWARENESS MONTH

TALK ABOUT MENTAL HEALTH

"While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, our theme of Tools 2 Thrive will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. We now believe that these tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing – will be more useful than ever. " - www.mhanational.org

HOW TO TALK ABOUT MENTAL HEALTH
Do you need help starting a conversation about mental health? Try leading with these questions and make sure to actively listen to your friend or family member's response:

- I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to?
- What can I do to help you to talk about issues with your parents or someone else who is responsible and cares about you?
- What else can I help you with?
- I am someone who cares and wants to listen. What do you want me to know about how you are feeling?
- Who or what has helped you deal with similar issues in the past?
- Sometimes talking to someone who has dealt with a similar experience helps. Do you know of others who have experienced these types of problems who you can talk with?

GET HELP FOR YOUR FRIEND OR FAMILY MEMBER
Seek immediate assistance if you think your friend or family member is in danger of harming themselves.

You can call a crisis line or the National Suicide Prevention Line at 1-800-273-TALK (8255). If you think your friend or family member is in need of community mental health services you can find help in your area. Also, remember to ask about resources available through your EAP.

Source: MentalHealth.gov