



The Importance of Mental Health

As May is Mental Health Awareness Month, we're reminded of the importance of prioritizing our mental wellbeing. You might be wondering why mental health matters so much. The truth is, mental health is just as crucial as physical health — it affects how you think, feel and behave in your daily life. By understanding mental health better, we can work together to create a more supportive environment where everyone feels comfortable discussing their struggles and seeking help when needed.

Emotional wellbeing is a key part of our overall mental health. It includes being able to recognize and control your emotions, being emotionally resilient and having healthy relationships. Discussing emotional struggles can be intimidating due to the stigma that often surrounds mental health issues. By speaking openly about your emotional experiences and supporting others in their journeys, you can work to dismantle this stigma and foster a culture that values mental health as much as physical health. We understand that taking care of your mental health can be challenging, but it's essential for your overall wellbeing. By talking openly about mental health, you can help remove the stigma around mental illness. You can contribute to this destigmatization by being kind to others, listening without judgment and asking for mental health resources in your community.

WAYS TO RAISE AWARENESS AND DESTIGMATIZE MENTAL HEALTH

Personal Actions

- **Share your story:** Write about your mental health journey on social media or a personal blog to help reduce stigma and inspire others.
- **Practice self-care:** Focus on your own mental wellbeing by trying new self-care routines, such as meditation or journaling.
- **Educate yourself:** Read books, articles or online courses about mental health to deepen your understanding.

Community Engagement

- **Volunteer:** Look for local mental health organizations or events where you can volunteer your time and skills.
- **Participate in events:** Join online or in-person events, such as walks, runs or fundraisers, that support mental health awareness.
- **Plan an event or activity:** Plan a community event, like a workshop or support group, to bring people together and promote mental health discussions.

Supporting Others

- **Check-in with friends and family:** Reach out to loved ones to show you care and are there to support them.
- **Offer support:** Be available to listen to someone who may be struggling with their mental health.
- **Advocate for change:** Support policies and initiatives that promote mental health care and reduce stigma.

Learn more: mhanational.org/mental-health-month/action-guide