



YOUR MENTAL HEALTH AWARENESS MONTH TOOLKIT

The World Health Organization defines mental health as a state of well-being in which every individual realizes their potential, copes with the everyday stresses of life, works productively and fruitfully, and contributes to their community.

The BHS Mental Health Awareness Month Toolkit is intended to support you and your mental well-being. Taking care of your mental health is as important as your physical health. When you are feeling ill or have broken a bone, you go to the doctor right away, but when your emotional health is unwell, what do you do? Mental health issues are often left untreated and not talked about due to stigmas and access to care. You can improve your mental health and feel well by taking small steps in your daily life.

The Current Landscape of Mental Health

It is not a secret that the pandemic and troubling worldwide events have taken a toll on us all, especially our emotional well-being. Now, more than ever, people recognize the importance of maintaining their mental health and improving overall well-being. Does that mean we have it all figured out and no longer need to worry about it? Absolutely not. Maintaining mental health is an ongoing endeavor that everyone should be aware of and take steps to support a mentally healthy life.

More people are seeking support and talking about their mental health, but statistics show that the number of people experiencing mental health issues is still rising. Setting time aside every day to support your mental health is crucial. Creating a self-care routine with activities like meditation and mindfulness are just a few things you can do to impact your mental health positively. Let's prioritize our mental health and care for it as we do our physical health.

TOOLKIT CONTENTS

- ✓ [Mental Health Awareness Month Activity Calendar](#)
- ✓ [Self-Care Assessment](#)
- ✓ [Self-Care Toolkit](#)
- ✓ [Practicing Gratitude Activity](#)
- ✓ [Tips for Goal Setting Worksheet](#)
- ✓ [Apps for Mental Health](#)

MENTAL HEALTH STATISTICS BY THE NUMBERS

1 in 5 U.S. adults experience mental illness each year

12+ million adults in the U.S. have serious thoughts of suicide

50% of the U.S. LGBTQIA+ community experience mental illness

#1 Anxiety is the most common U.S. mental illness among adults

46% of Americans will meet the criteria for a mental health condition diagnosis during their lifetime

56% of adults experiencing a mental illness did not receive mental health treatment

19 million U.S. adults over the past year have experienced addiction or a substance misuse disorder