



Huron County Board of Mental Health and Addiction Services

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May is National Mental Health Month

May is Mental Health Month, a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. The fact is each year millions of Americans face the reality of living with a mental illness. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness.

Mental health affects all of us in some way and our goal at MHAS is to increase the importance of understanding both prevention and treatment of mental health issues and to ensure services and supports are in place for those who need them.

Did you know?

- 1 in 5 adults in America experience a mental illness.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- Approximately 10.2 million adults have co-occurring mental health and addiction disorders.

Mental health is essential for a person's overall health and MHAS recognizes that now more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking the help they need. We ask the community to join us and support our efforts to educate, raise awareness, reduce stigma, and advocate on issues related to mental health. This year we will continue promoting Mental Health America's theme of 'Tools 2 Thrive' which provides practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.

Our goal daily is to fight stigma, provide support, educate the public, and advocate for people struggling with mental health and addiction and their families. Mental Health Month gives all of us a valuable opportunity to continue raising awareness on the importance of mental health and increasing the community's knowledge that effective services and supports are available. Together, we can take one step closer to our vision of a community where no one feels alone in their struggle and anyone in need of mental health assistance can get the appropriate support and quality of care they need to live healthy, fulfilling lives.

Click below to access the full 'Tools 2 Thrive' toolkit.

<https://www.mhanational.org/mental-health-month>

Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

If you or a loved one is struggling and is in need of support, below is a list of local treatment providers and support agencies:

Family Life Counseling & Psychiatric Services: 567-560-3584

Firelands Counseling & Recovery Services: 419-663-3737

NAMI Huron County: 419-677-0714

Sources: <https://www.thenationalcouncil.org/mental-health-month/>

<https://nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

<https://mhanational.org/>

<https://youth.gov/feature-article/may-national-mental-health-month>