

Your Mental Health Matters

Because of stigma surrounding mental illness, people can often feel discouraged from getting the help they need. Seeking treatment for your mental health is a sign of strength and bravery, not weakness.

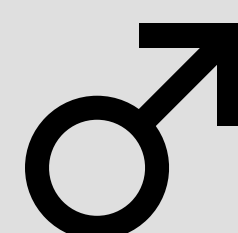


Don't Ignore the Warning Signs:

- Anger, irritability, or aggressiveness
- Changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol, drugs, or both
- Persistent sadness or feelings of hopelessness
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches, arrhythmia, or digestive problems without a clear cause
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Thoughts of death or suicide or suicide attempts

1 in 5 U.S. adults experience a mental illness

5% of U.S. adults experience serious mental illness

 Men die by suicide **3.56 times** more often than women



CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

Where to Find Help:

- Utilize your EAP for free short-term counseling on issues ranging from substance use, grief, work conflict, stress, and other mental and emotional health problems. Call **1-800-316-2796**. Available 24/7.
- Talk to your Primary Care Physician about treatment options like therapy or medication
- Contact the national suicide prevention hotline or crisis text line



Sources: APA, NAMI

Want to learn more? Scan here to watch the Managing Mental Health Webinar.

