

Community Health Education Report

May is Mental Health Awareness Month an annual observance established by Mental Health America in 1949 to emphasize the importance of mental wellbeing. Each May we bring additional attention to the challenges faced by those with mental health conditions and the need for a supportive, understanding environment. Across the country people unite to raise awareness, spark conversations and advocate for improved resources.









Despite recent strides in how our society approaches wellbeing, many Americans still don't have access to the high-quality comprehensive treatment and care they need. Look at some of the staggering data about mental health in the United States:



Donna Nelson

- 1 in 5 U.S. adults experience mental illness each year.
- Only 50.6% of U.S. adults with mental illness received treatment in 2022.
- 1 in 20 U.S. adults experience serious mental illness each year.
- Only 66.7% of U.S. adults with serious mental illness received treatment in 2022.
- 1 in 6 U.S. youth have a mental health condition, but only half receive treatment.
- 50% of all lifetime illness begins by age 14, and 75% by age 24.

Four Ways Forward is an invitation for you to take action this Mental Health Awareness Month in four unique ways across the span of four weeks. By raising your voice, prioritizing your self-care, celebrating mental wellbeing, and being the difference, you can advance awareness in your community while positively impacting your own mental health.

MAY 2025		Mental Health Awareness Month		NATIONAL COUNCIL for Mental Wellbeing		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice deep breathing	2 Go for a nature walk 	3 Start a gratitude journal	4 Schedule a virtual coffee chat
5 Create a self-care plan	6 Meditate for 10 minutes 	7 Start a morning routine	8 Unplug from screens for an hour	9 Reach out to a mental health professional	10 Call a loved one 	11 Start a night routine
12 Try a new hobby 	13 Volunteer for a cause that's important to you	14 Cook a healthy meal 	15 Listen to soothing music	16 Join MTV's Mental Health Action Day : Dedicate one hour to connection	17 Write yourself a love letter	18 Do something kind for someone else
19 Reflect on your achievements	20 Practice positive affirmations 	21 Take a mental health day	22 Practice forgiveness	23 Do something creative 	24 Take a break from news consumption	25 Watch a funny movie or show to lift your spirits
26 Practice setting boundaries	27 Spend time with loved ones	28 Talk about mental wellbeing	29 Have a digital detox 	30 Practice progressive muscle relaxation	31 Set intentions for continued mental health practices	

Week 1: Raise Your Voice and Advocate for Change

In the Substance Abuse and Mental Health Services Administrations (SAMHSA) 2022 National Survey on Drug Use and Health, nearly 50 million people aged 12 and older in the U.S. indicated having a substance use disorder and nearly 60 million adults 18 or older had any mental illness (defined as a mental, behavioral, or emotional disorder). Adolescents are also facing significant challenges—3.4 million people aged 12-17 had serious thoughts of suicide and 1 in 5 had major depressive episodes.

Not enough people are getting the care they need. According to the survey, in the year prior only 1 in 4 people had received treatment they needed, only half of the adults received the necessary mental health treatment and more than 40% of youth aged 12-17 indicated not receiving the mental health treatment they needed.

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