



# Mental Health Awareness Month



For 75 years, May has been designated as mental health awareness month.



Start conversations about mental health



Share facts and resources



Mental wellness is part of overall health

## Anyone can struggle with mental health.

**44 million**

**Americans live with a mental disorder** affecting people across all ages, genders, races, incomes, and nationalities.

**1 in 5** 

adults in Alaska experienced mental illness in the past year.

## The good news: treatment works!

Among US adults diagnosed with a mood disorder who are currently in or have ever been in treatment, **80% found psychotherapy helpful in addressing their symptoms.**



## Look for signs that someone is struggling.

**We all play a role** in helping people access care, especially when they are in crisis.

### Common signs that someone is struggling include:

- Prolonged sadness or irritability
- Excessive fears and anxieties
- Delusions or hallucinations
- Confused thinking
- Social withdrawal



## Check in with yourself.

Helping someone who is struggling can be overwhelming and scary, especially if they are having suicidal thoughts.



Connect with a friend or therapist to seek out your own support.



**Ask.** Find a private place, be direct, and stay calm.

**“Are you thinking about killing yourself?”**

- Research shows being asked directly helps bring relief.



**Listen.** Express empathy.

**“I’m so glad you told me this. Let’s keep talking.”**

- Resist trying to fix problems or talk them out of their feelings.



**Connect.** Encourage them to reach out for help.

**“Help is available, and I’m here for you.”**

- Resources include therapists and **free crisis lines like 988**—call or text 24/7 or chat @ 988lifeline.org.

To **schedule an appointment** with Alaska Behavioral Health



**Please call 907.563.1000**

[www.alaskabehavioralhealth.org](http://www.alaskabehavioralhealth.org)

