



## Mental Health Awareness

May is Mental Health Awareness Month. That makes this the perfect time for all of us to pause and assess our mental health, especially given all that's happened over the past year.

When we fail to be mindful of our health as a whole, stress, anxiety and even the day-to-day pressures of life can build into something bigger. In fact, about half of all people will meet the criteria for a diagnosable mental health disorder at some point in their lives. Intervening effectively during the early stages of mental illness can improve the future of those dealing with mental illnesses.

An easy way to determine whether you or someone you know is experiencing symptoms of a mental health condition is to take a mental health screening. The Mental Health America website, at [www.mhascreening.org](http://www.mhascreening.org), offers free screenings for depression, anxiety, bipolar disorder, post-traumatic stress disorder and other conditions.

### Here when you need us.

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