MAY 2022

Is
Mental Health Awareness Month

An individual's mental health—how one thinks, feels and acts—can change over time due to factors like workload, stress and work-life balance. With 1 in 5 American adults experiencing mental illness each year, it is apparent that mental health matters.

May is Mental Health Awareness Month, but prioritizing mental health is essential year-round—especially during the pandemic. In fact, mental health in the United States continues to worsen as the pandemic persists. Feelings of loneliness and isolation contribute to increased anxiety, depression and suicidal ideation, especially among youth and young adults. Although record levels of anxiety and depression are being reported, the mental burden of the pandemic has fortunately enabled more transparency and empathy around mental health.

Contact us for additional mental health resources.