

#Breakthestigma

May 1<sup>st</sup>, 2021

Like us on



Facebook  
at

<https://luzioassociates.com>

for more  
handouts and information  
on depression, anxiety,  
grief, parenting, and more.

See videos and access  
links that offer more  
information on mental  
health.

Stay up to date with the  
groups offered at our  
agency and with the  
office hours!



4411 Washington Ave. Suite  
300  
Evansville, IN 47714  
812-479-1916

Written by:  
Brittney Cameron, IWS MSW  
Intern

<https://www.grwestcatholic.org/mental-health-awareness-month>  
<https://www.flushinghospital.org/newsletter/mental-health-awareness-month/>  
<https://www.dailyherald.com/submitted/20200630/minority-mental-health-awareness-month-and-how-to-support-namis-advocacy>

# May Mental Health Awareness Month



## KNOW THE FACTS

Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two-thirds of people with a known mental illness never seek treatment.

Anxiety disorders affect 25.1% of children between 13 and 18 years old.

## BREAK THE STIGMA

Break the mental health stigma:

- Talk openly about mental health.
- Educate yourself and others.
- Be conscious of language.
- Encourage equality between physical and mental illness
- Show compassion to those with mental illness
- Choose Empowerment over shame.
- Be honest about treatment.
- Don't harbor self-stigma

## PRACTICE SELF-CARE

During the month of May, pick one of the self-care activities listed below and practice it for the entire month to help build better mental health habits.

- Volunteer and give back
- Sleep
  - Teens should get 8-10 hours of sleep
  - Try to keep a regular routine (going to sleep and waking up around similar times)
- Practice mindfulness
- Pray and mediate
- Eat healthy
- Connect with others
- Learn to fail better
  - Three essential elements at the core of success and well being
    1. Perseverance in the face of adversity
    2. Ability to glean wisdom from setbacks
    3. A willingness to lean into life's challenges
- Exercise