

## DHD#10 RECOGNIZES MENTAL HEALTH AWARENESS MONTH

May 12, 2022 – District Health Department #10 (DHD#10) is recognizing **Mental Health Awareness Month** this May. Every year, during the month of May, the National Alliance on Mental Illness (NAMI) develops an awareness campaign to promote Mental Health Awareness Month; this year's theme is **Together for Mental Health** (#Together4MH).

According to NAMI:

- 1 in 5 Americans live with a mental health condition.
  - This means that either you or someone you know has been impacted.
- 1 in 20 Americans live with a serious mental health condition like schizophrenia, bipolar disorder, or long-term recurring major depression.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

DHD#10 would also like to bring attention to the work of our Reduce Stigma Action Team, and the Northwest Community Health Innovation Region (CHIR) Behavioral Health Initiative. The Reduce Stigma Action Team recently concluded a survey across 10 counties within the Northwest CHIR to assess the status of stigma that surrounds mental illness. One of the findings from their study is that 65% of respondents said that they have, or know someone who has, been discriminated against because of mental illness. The results of this survey will inform future public awareness campaigns in order to reduce stigma, as well as anti-stigma trainings for various populations.

Navigating life with a mental health condition can be tough, and the isolation, blame, and secrecy caused by stigma creates challenges to reach out, getting needed support, and living well. According to NAMI, learning how to avoid and address stigma is important for all of us, especially considering the effects of stigma:

- People experiencing mental health conditions often face rejection, bullying, and discrimination. This can make their journey to recovery longer and more difficult.
- Mental health conditions are the leading cause of disability in the US.
- Even though most mental health conditions can be successfully treated, less than half of US adults get the help they need.

For more information about the Northwest CHIR's Behavioral Health Initiative, please visit: <https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/>.

For more information on mental illness and how to reduce stigma, please visit: <https://nami.org/Get-Involved/Pledge-to-Be-StigmaFree>.

If you are in a mental health crisis, please contact a resource listed below.

National Suicide Prevention Lifeline: 1-800-273-8355  
Veterans Crisis Line: 1-800-273-8255, press 1

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### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: [jtaylor@dhd10.org](mailto:jtaylor@dhd10.org)



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