Why Mental Health Month Matters

by NEWLIFEOUTLOOK TEAM

The Importance of Raising Awareness of Mental Illness

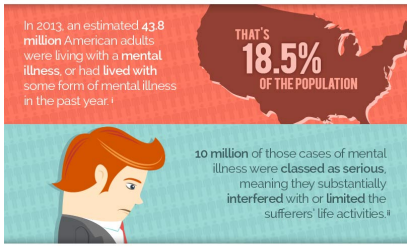
Of the estimated 44 million Americans living with a mental illness, around 5.7 million of them have bipolar disorder. According to the WHO, it's the sixth leading cause of disability in the world.

Despite this, stigma surrounding bipolar disorder abounds, making it harder for people living with the condition to ask for help and get the treatment they need.

This is one of the reasons raising awareness about bipolar, as well as other mental health conditions, should be a priority.

May is Mental Health Month. If you've been waiting for an excuse to spread the word that mental illness is nothing to be ashamed of – now you have one! You can start by sharing this infographic.

It is not uncommon for a person to experience two or more mental health issues in tandem.



Medications, therapies and lifestyle changes can all help to treat the symptoms of mental illnesses, but there is no one size fits all approach. Each person's experience is different.