



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.

CAN CHILDREN SUFFER FROM MENTAL ILLNESS?

Children can experience mental health problems, too. Around **13%** of children **aged 8 to 15** experience some form of mental disorder.ⁱ

What is The Most Common Mental Illness Children?

The most common mental illness in children is **ADHD**, but mood disorders, major depression, anxiety disorders and even eating disorders can affect children.ⁱⁱ

WHAT CAUSES MENTAL ILLNESS?

There is no one thing that causes mental illness. However, the following are common contributing factors:

- Genetics
- An imbalance of chemicals in the brain
- A brain defect or damage
- Trauma in childhood

In a person who is susceptible to mental health problems, external events like a death or break up can trigger mental illness.

Mental illness is **NOTHING TO BE ASHAMED OF!**

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May is Mental Health Month. Share this with your friends and family to help raise awareness and show your support for the millions of Americans living with a mental illness.

Resources:

i. <http://www.samhsa.gov/data/nseos/default2.jsp?nid=5020>
 ii. <http://www.samhsa.gov/health/statistics/prevalence/any-dis-order-among-children.shtml>
 iii. http://www.thekidsfoundation.org/html/about_mental_illness.html