

MAY IS MENTAL HEALTH MONTH

5 REASONS TO PAY ATTENTION TO YOUR MENTAL HEALTH

Your mental health is as important as your physical health

Total well-being means that you feel fulfilled in all aspects of your life. Your mental health is a big part of your well-being. It is important to be aware of the signs or symptoms of mental stress so you can seek help or recognize when someone you care about may need help.

Read on for more about the prevalence, impacts, and risk factors of mental illness:

- 1. Mental illness is more common than you think.** Mental illness does not discriminate, it affects people of all ages, genders and ethnicities. One in five U.S. adults experience mental illness, 1 in 20 U.S. adults experience serious mental illness, and 17% of youth aged 6–17 experience a mental health condition. Unfortunately, too many don't seek help.
- 2. Mental illness affects your physical health.** Your brain is part of your body. Mental and physical health are connected. In fact, mental illness can be the root of many physical symptoms. For example, if you are suffering from insomnia, heart palpitations, or fatigue, your doctor may want to rule out depression, anxiety, or other mental health conditions as a potential cause.
- 3. Diseases or injuries can increase your risk.** Just as mental illness can cause physical symptoms in your body, physical diseases, like cancer, multiple sclerosis, diabetes, and trauma such as head injuries, can raise your risk of mental illness. While doctors are becoming more aware of these connections, it is vital that you are honest about your experiences when speaking with your doctor.

- 4. It runs in families.** Scientists have long recognized that many psychiatric disorders tend to run in families due to both genetic factors and family cultural issues. Remember to include things like depression, bipolar disorder, and attention deficit hyperactivity disorder in your family health history along with information about heart disease, cancer, and other conditions.
- 5. Early detection makes a difference.** Like medical conditions, getting diagnosed early generally leads to better outcomes. Getting the help you need can prevent symptoms of mental illness from getting worse and causing negative effects on your life, including strained relationships and difficulty managing work and finances.

Contact EAP at 1-866-327-4762 or visit eap.calhr.ca.gov to get started.

Sources:
health.clevelandclinic.org/5-reasons-you-shouldnt-ignore-your-mental-health-2/
nami.org
nih.gov

