

MENTAL HEALTH MAY



What is Mental Health?

"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood." (CDC.gov)



Why is this important?

According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults in the U.S. experience mental health problems annually. Our mental well-being can greatly effect our physical well-being, all of which connects to our quality of life. A healthy mind allows us to build resilience against stressors and teach us how to build healthy relationships. Mental health effects nearly every aspect of our lives both on an individual level as well as a community.



BREAK THE STIGMA & RAISE AWARENESS



Stigmas surrounding mental health can lead to discrimination and judgement of ourselves or others. Raising awareness helps create a better understanding and increases acceptance as a society. It encourages those affected to seek support when needed!

Ways to Raise Awareness



- ***Stay Educated!*** Learn about common symptoms of different mental disorders and how to respond when you or someone close to you is struggling.
- ***Volunteer or Participate In Local Events!*** This is a great way to get involved with your community. A popular event held in many different communities include the NAMI Walks. It's a free event and a great way to practice self care in the form of exercise.
- ***Listening Without Judgement!*** Opening up can be scary and difficult. Providing a safe space for conversation let's those struggling know that they are not alone.



Contact Us!

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