

Mental Health Awareness Month Transcript

Even though the stigma around mental health and treatment has shifted in recent years, people still hesitate to seek help or even talk about it with their loved ones. Fear of judgment and backlash often stop people from reaching out and seeking the help they need.

According to Medline Plus, some common types of mental disorders can include anxiety disorders, depression, eating disorders, personality disorder, post-traumatic stress disorder, and psychotic disorder.

According to the Centers for Disease Control and Prevention, more than one in five US adults live with a mental illness. Over one in five youth, ages thirteen to eighteen, currently or at some point in their life, have had a seriously debilitating mental illness. About one in twenty-five US adults live with a serious mental illness such as schizophrenia, bipolar disorder, or major depression.

Mental illnesses are among the most common health conditions in the United States. Mental Health Awareness Month provides a reminder that mental health is essential and that those living with mental health issues deserve care, understanding, compassion, and pathways to hope, healing, recovery, and fulfillment. This month, let's take care of ourselves, take care of our loved ones, and continue to have conversations about mental health.