



MAY IS MENTAL HEALTH MONTH

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Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Understanding the risk factors for a mental health condition can be more difficult when it's your own mental health. Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- **Have things that used to feel easy started feeling difficult?**
- **Does the idea of doing daily tasks like making your bed now feel really, really hard?**
- **Have you lost interest in activities and hobbies you used to enjoy?**
- **Do you feel irritated, possibly to the point of lashing out at people you care about?**
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Employee Assistance Program



City of Milwaukee EAP



MENTAL HEALTH FACTS

- ⇒ **Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.**
- ⇒ **46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.**
- ⇒ **Percent of US adults with Major Depression: 8.4 percent**

FREE MENTAL HEALTH SCREENING AT:

MHSCREENING.ORG

CITY OF MILWAUKEE

RESOURCES:

[City of Milwaukee Employee Assistance](#)

Program 414-286-3145

[UnitedHealthCare's Care24](#)

800-942-4746

[City of Milwaukee Wellness](#)

<https://city.milwaukee.gov/DER/WYCM>