Mental Health In A Changing World

MENTAL HEALTH MONTH began in 1949. Every May, we come together and continue the tradition of promoting awareness, offering vital resources and education, and advocating for the mental health and well-being of everyone. **Mental Health conditions are common, manageable, and treatable.**

What Is Mental Health?

- **Mental Health** includes our emotional, psychological, and social well-being.
- **Mental Health** affects how we think, feel, and act.
- **Mental Health** determines how we handle stress, relate to others, & make healthy choices.
- **Mental Health** is important at every stage of life.
- **Social Drivers of Health** include economic status, education, your neighborhood, social inclusion, social injustice, and access to resources like nutritious food, health care, green space, and transportation. **All of these factors can impact your mental and physical health.**

Quick Facts – Raise Your Awareness

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 5 U.S. mothers experience a mental health condition each year
- 1 in 6 U.S. youth experience a mental health condition each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is a leading cause of death in the U.S.
- **781,000 of Marylanders are living with a mental illness.**

Learn More: Education Supports Self-Care, Advocacy, Health Equity & Reduces Stigma

- [Proclamation – National Mental Health Awareness Month 2024](#)
- [Welcome to Mental Health Month](#) **1-minute video**
- [10 Common Warning Signs Of A Mental Health Condition](#) 2-minute video
- [Mental Health Myths:](#) Can you separate the myths from the facts?
- [Build Your Coping Toolbox](#) Personal wellness tools. Check out the coloring pages!

Resources

- [Mental Health Maryland:](#) Behavioral Health Information for Marylanders
- [HHSC Mental Health & Substance Use:](#) Services for children, teens, and adults
- [NAMI Maryland:](#) Support For Mental Health