



## Mental Health Month

May is Mental Health Awareness Month, and the theme for 2016 is Life With a Mental Illness. During the month, people are being asked to share what life with a mental illness feels like by tagging their social media posts with **#mentalillnessfeelslike**.

The posts allow people to speak up about their experiences and may help others figure out if they too are showing signs of mental illness, according to the advocacy group Mental Health America. The posts also help break down the discrimination and stigma that surround mental illnesses.

Too often people wait to act until there is a crisis, when those suffering from mental illness may become a danger to themselves or others. Advocates point out that cancer and similar diseases aren't treated that way and mental health shouldn't be, either.

One way to determine whether you or someone you know is experiencing symptoms of a mental health condition is to take a mental health screening. The Mental Health America website, at [www.mhascreening.org](http://www.mhascreening.org), offers free screenings for depression, anxiety, bipolar disorder and post-traumatic stress disorder.

You also can contact your GuidanceResources program. We're here 24 hours a day, seven days a week to speak confidentially with you about counselling or offer other resources about mental health care. This service is provided by your employer to you and your household members at no cost.

### Here when you need us.

Call: 877-627-4239

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: MAP\_4\_IBEW