



## May is Mental Health Awareness Month

May is Mental Health Awareness Month, which makes this a good time to pause and consider whether you or someone you know could use a hand.

Stress, anxiety, even the day-to-day pressures of life can sometimes build into something bigger. In fact, about half of all Americans will meet the criteria for a diagnosable mental health disorder at some point in their lives. Intervening effectively during the early stages can improve the future of those dealing with mental illnesses.

By taking away the stigma and removing the barriers to treatment, Mental Health Month serves as a reminder that help is readily available and accessible.

An easy 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, or 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 to offer other resources for mental health care. This service is provided by your employer to you and your household members at no cost.

**Contact us anytime to receive confidential, professional and free support.**

### Here when you need us.

Call: 877-627-4239

TDD: 800.697.0353

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

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*Topics updated Quarterly*