

Turn Awareness Into Action



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 impact mental and physical health.**

SUPPORTING LGBTQIA+: For Mental Health Awareness Month, we celebrate #LGBTQIA+ communities with a reminder: You belong. You matter. Your mental health matters. And you are not alone. There is help: 988lifeline.org/help-yourself/lgbtq/

SUPPORTING MATERNAL MENTAL HEALTH: Glowing from the inside out? Pregnancy is beautiful, but it can also be emotionally complex. This month, remember it's okay to not feel okay. Mood swings, anxiety, or feeling overwhelmed are all common. **#MomLife** can be joyful but also overwhelming. If you are not feeling like yourself, it's okay to seek help.

CHILDREN MENTAL HEALTH AWARENESS: Mental Health Awareness Month is a great time to raise awareness of the importance of mental health in children and teens. Keep an eye out for any social or behavioral changes in your children.

- By teaching children and teens coping skills, we can empower them to take charge of their mental health.
- Know the signs of mental health issues in children and teens. Early diagnosis and treatment can save lives.
- Start the conversation early: talking about mental health can help children and teens build coping skills and feel comfortable with their emotions.
- Nurturing relationships and environments are important for helping children and teens develop good mental health and manage life stressors in healthy ways.
- Good mental health increases the ability of children and teens to practice self-care and face challenges with resilience.

SUPPORTING BIPOC GROUPS: Mental health is for everyone, and everyone deserves mental health support when they need it. Culturally and linguistically appropriate information and services can help provide good mental health support for those who need it. If you or someone you know is struggling, help is available in English and Spanish [Talk to someone now](#)

Quick Facts – Raise Your Awareness

- 781,000 of Marylanders are living with a mental illness.
- 57,000 Marylanders age 12–17 have depression.
- 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 lifetimes mental illness begins by age 14, and 75% by age 24
Suicide is a leading cause of death in the U.S.
- 1 in 6 U.S. youth aged 6–17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- 7 in 10 youth in the juvenile justice system have a mental health condition.
- **African American Mental Health:** Across a 15-year span, suicide rates increased 233% among African Americans aged 10-14 compared to the 120% among Caucasian Americans in the same age group across the same span of time.
- **Asian American/Pacific Islander Mental Health:** Asian Americans and Pacific Islanders are the least likely to seek mental health services than any other racial or ethnic group.

- **Latinx/Hispanic Mental Health:** Approximately 33% of Hispanic or Latinx adults with mental illness receive treatment each year compared to the U.S. average of 43%. This is due to many unique barriers to care.
- **Native American/Alaskan Native Mental Health:** Native American children and adolescents have the highest rates of lifetime major depressive episodes and the highest self-reported depression rates than any other ethnic/racial group.
- **Muslim American Mental Health:** Muslim children are four times as likely to be bullied as the general public, with a quarter involving bullying by a teacher or other school official.
- **LGBTQ+ and Mental Health:** 31% of LGBTQ+ older adults report depressive symptoms and 39% report serious thoughts of suicide.
 - 1 in 5 LGBTQ+ individuals reported withholding information about their sexuality and gender from their doctor or health care professional.
 - Women who identify as lesbian/bisexual are more than twice as likely to engage in heavy drinking.
 - Transgender individuals who identify as African American/Latinx/Native American/Multiracial/Mixed Race are at increased risk of suicide than white transgender individuals.
 - **Source:** 68% of LGBTQ youth in Maryland reported having experiencing symptoms of anxiety (including 73% of transgender and nonbinary youth).
 - 52% of LGBTQ youth in Maryland who wanted mental health care in the past year were not able to get it (including 49% of transgender and nonbinary youth.)
- Maternal mental health conditions, such as depression, anxiety, and substance use disorder are the most prominent complications of pregnancy, childbirth, and postpartum, affecting 1 in 5 women.
- According to the CDC, 1 in 8 women experience postpartum depression, and 50% of them are untreated.

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

- **Mental Health America:** Advocacy group
- **10 Common Warning Signs of a Mental Health Condition** 2-minute video
- **Mental Health Myths:** Can you separate the myths from the facts?
- **Trans-Maryland:** Support for name change, support groups, gender affirming care, Advocacy, trans rights leader.

- **Baltimore Safe Haven:** Drop-in Wellness Center that provides food and transitional housing services.
- **Hearts and Tears:** Peer run wellness and recovery center for LGBTQA+
- **The Trevor Project:** Crisis, Research, Education, Advocacy
- **HHSC Mental Health & Substance Use:** Services for children, teens, and adults
- **NAMI Maryland:** Support for Mental Health
- **Get Help with Maternal Mental Health**
- **National Child & Maternal Health Education Program**
- **Mental Health Maryland:** Behavioral Health Information for Marylanders
- **HHSC Mental Health & Substance Use:** Services for children, teens, and adults
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- **Build Your Coping Toolbox:** Personal wellness tools. Check out the coloring pages!

