

MENTAL HEALTH

AWARENESS MONTH
— MAY —



Spotlight on Mental Health

The only way to remove the stigma around mental health is talk about it. We all want to live life to the fullest and enjoy all its wonders and the only way to do it is if we take care of ourselves, mentally and physically.

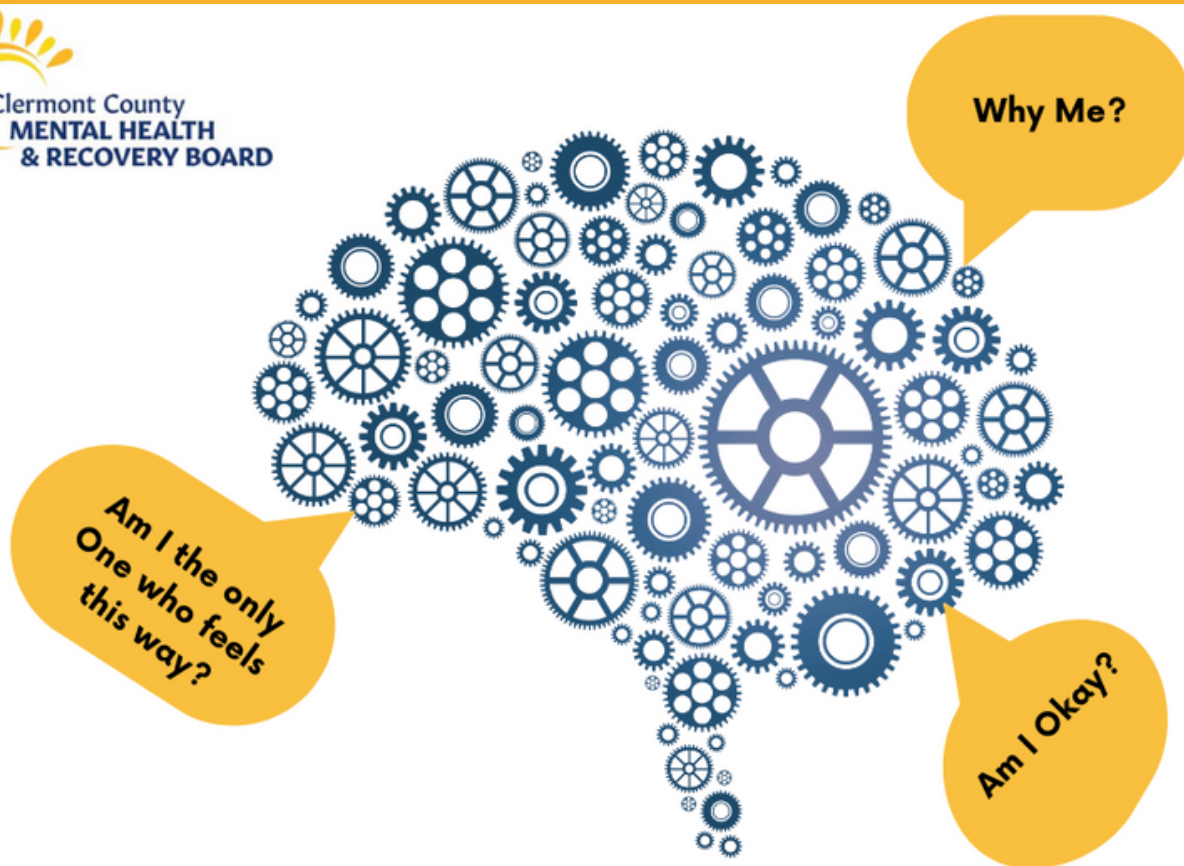
About 1 in 4 adults -- suffers from a diagnosable mental disorder in a given year.

Women are nearly twice as likely to suffer from major depression than men.

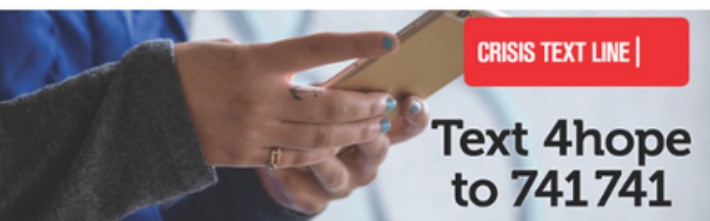
While major depression can develop at any age, the average age at onset is the mid-20s.

Many people suffer from more than one mental disorder at a given time. In particular, depressive illnesses tend to co-occur with substance use and anxiety disorders.

For Mental Health Resources Visit <https://ccmhrb.org/>



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