June Matters: Awareness, Support and Connection

June is a month filled with important observances and celebrations, including Men's Mental Health Month, Pride Month, PTSD Awareness Month, and Juneteenth. Each of these highlights invites us to reflect on experiences that shape emotional well-being, from identity and trauma to resilience, prejudice and access to care.

Whether we're talking about the challenges many men face in reaching out for help, the effects of trauma and PTSD, the mental health impact of bias experience by members LGBTQ+ community, or the emotional toll that racism can have on individuals and communities, an essential element remains the same: mental health matters.

Statistics Show…

- According to Mental Health America, every year, one out of five adults experience a mental health condition. Mental health challenges touch every person, every family, and every community.
- Based on a 2023 survey, the CDC reports that 65% of LGBTQ+ students felt sad or hopeless.
- John Hopkins reports that men die by suicide about four times as often as women.
- The National Center for PTSD estimates that about 6 out of 100 people in the U.S. will have PTSD in their lifetime.

An Important Message

A common thread in all of these observances is the need for understanding, support, and connection. A conversation with a friend, a check-in with a loved one, or reaching out for professional help can make a meaningful difference. These small acts can be especially powerful when someone is carrying stress, grief, fear or frustration.

As we recognize the many important occasions throughout June, let us also remember the shared goal that unites them: creating communities where everyone feels valued, supported, and able to care for their mental health. This month is a reminder that awareness matters, but so do action, compassion, and access to care.

Help is Available

If you or someone you know is struggling, help is available. Call or text 988 to reach the Suicide & Crisis Lifeline, or chat through 988lifeline.org, 24 hours a day, seven days a week. And if you are concerned that you may be experiencing a mental health condition, consider taking a free, confidential mental health screening through Mental Health America. Screening can be an important first step toward understanding symptoms and connecting with resources.

Mental health impacts us all and so does the hope of recovery.