



## Mental Health Awareness Month: Participating within the Workplace

### WHY IS IT IMPORTANT?

The goal and importance of the month of May is to spread awareness about mental health!

### STATISTICS (NAMI 2020)

- 1 in 5 US adults experienced a mental illness
- 1 in 20 experienced a serious mental illness
- 1 in 15 experienced both a substance use and a mental illness
- 12+ million experienced serious suicidal thoughts



### WORKPLACE ACTIVITIES

Bring Mental Health Awareness Month into your workplace! Here are some ways to participate:

1. Create a kind atmosphere in the workplace by showing appreciation, giving assistance on tasks, and celebrating small and big wins
2. Provide a space for employees to debrief or have alone time
3. Send a joke via email each week in the month of May to spread joy
4. Host a lunch & learn event with a speaker who is an expert in the field of mental health
5. Circulate mental health resources via flyer around the office or through email
6. Physical health and mental health go hand-in-hand, have employees join the 10,000 step challenge with a reward for completion

### Resource of the Month



Find us at:   reach4resiliencend.com