

Drug Free Adams County

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Drug Free

Adams County
Rays of Hope for a Better Tomorrow

Prioritize Mental Health

May is Mental Health Month. When an individual's mental health is negatively impacted, they may turn to alcohol and/or drug use, which may in turn become an addiction. Protecting mental health is critical for overall well-being.

Pandemic Impact

During the past year, Mental Health America (MHA) witnessed an unprecedented increase in the numbers of people experiencing mental health problems due to the COVID-19 pandemic. In November 2020, the CDC reported that 44 percent of people were dealing with depression or anxiety. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

What Can You Do?

- Make small changes toward a healthy lifestyle and build on those successes.
- Turn to friends, family, and co-workers when you are struggling with life's challenges.
- Seek professional help when self-help efforts aren't working.
- Help reduce the stigma around mental health struggles, as it commonly prevents individuals from seeking help.
- Be patient in your mental health journey; change won't happen overnight.
- Understand that recovery is a unique and personal journey that requires trial and error to determine what works best for each individual.

**MAY IS 2
MENTAL 0
HEALTH 2
MONTH 1**

**TAKING A SCREEN IS AN
EASY WAY TO CHECK IN ON
YOUR MENTAL HEALTH.**

VISIT MHASCREENING.ORG.

The graphic features a large number '2' on the right side of the text 'MAY IS', 'MENTAL', and 'HEALTH'. A large number '0' is on the right of 'MENTAL'. A large number '2' is on the right of 'HEALTH'. A large number '1' is on the right of 'MONTH'. To the right of the text is an illustration of a laptop and a smartphone displaying the MHA website. The text 'TAKING A SCREEN IS AN EASY WAY TO CHECK IN ON YOUR MENTAL HEALTH.' is in a speech bubble above the devices. Below the devices is the text 'VISIT MHASCREENING.ORG.'

A great starting point for anyone who is ready to prioritize their mental health is to take a mental health screening at [MHAScreening.org](https://www.mhascreening.org). It is a quick, free, and confidential way for people to assess their mental health and to begin finding hope and healing.