

May is Mental Health Awareness Month



Myth: Mental Health issues are a result of personality weakness or character flaws, and people can “snap out of it” if they try hard enough.

Fact: Mental health conditions have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

People with mental health conditions can get better and many seek support.

Assistance Programs 24-hour helpline: (800) 878-5470

