

# May Is Mental Health Awareness Month

**Marshall County Mental Health Board**  
Mental Health Awareness Month (MHAM) is here. Mental health conditions - including bipolar disorder, schizophrenia, and major depression - are medical conditions, not failures. When it comes to mental health, awareness leads to compassion and compassion leads to care.

May is Mental Health Awareness Month, a time to raise awareness about the impact mental health can have on a person's overall well-being and share resources that may benefit those struggling with mental health disorders. According to NAMI, 22.8% of adults in the US experienced some form of mental illness in 2021. That same year, 5.5% of adults in the US experienced mental illness categorized as serious. Despite these figures, just 47.2% of adults experiencing mental illness in 2021 received treatment for it. Mental Health Awareness Month aims in part to reduce stigma around mental illness. The hope is to encourage treatment, both by understanding the myriads of ways mental illness can affect people and the ways patients, friends, loved ones, and health care professionals can help. Doing so can not only improve patient quality of life, but health care value.

May was first designated as Mental Health Awareness Month in 1949 with the goal to increase awareness of mental illness and wellness. However, this was decades in the making - Mental Health Awareness Month was initially recognized by Mental Health America, who first was founded in 1908. Originally the Connecticut Society for Mental Hygiene, the organization founded by Clifford Beers, an author who had written about his struggles with mental health and the problematic treatments he endured at different institutions.

In 1917, the US Surgeon General asked Mental Health America to create a mental health program, the draft of which was implemented by the Army and Navy as the United States prepared to enter World War I. Mental Health America's influence continued to grow by the 1930s, as over 3,000 people met in Washington D.C. for the First International Congress of Mental Hygiene.

President Harry Truman, in a special message to Congress in 1945, recommended a comprehensive health program and specified a need for more research and resources for mental health. This eventually culminated in Truman's signing of the National Mental Health Act in 1946, which included a call for establishing a National Institute of Mental Health (NIMH). The NIMH was officially established as an institute of the National Institute of Health in 1949 - the same year as the first Mental Health Awareness Month.

In the decades since the inception of Mental Health Awareness Month, research, legislation, and public

awareness have accelerated the cause. With the help of the NIMH, several laws were passed in the 1950s concerning mental health. The Mental Health Study Act of 1955 called for more research into mental illness, while the Health Amendments Act of 1956 gave NIMH the ability to award mental health-related project grants that got the organization more involved in community-based programs. The 1960s saw Presidents Kennedy and Johnson both call for additional research into social challenges, mental health among them.

With increased funding, research, and awareness, other mental health organizations formed. In 1979, 59 family support groups in North America came together to form the National Alliance on Mental Illness. By the 1980s, NAMI was airing public service announcements across the United States. In the 1990s, NAMI participated in public awareness campaigns for mental health-related stigmas. The 1990s also saw the creation of a new government agency focused on mental health, the Substance Abuse and Mental Health Services Administration (SAMHSA). With NIMH focused on research, SAMHSA would focus on service availability for those struggling with addiction and mental illness.

Research has allowed us to understand not just the prevalence, but the ways that mental health struggles affect people and those around them. Per NAMI, people with serious mental illnesses are twice as likely to develop cardiovascular and metabolic diseases compared to the general population, while people with depression have a 40% greater risk. High schoolers with significant depression symptoms are over twice as likely to drop out of school.

Fostering awareness and research can potentially reduce the stigma around mental illness and receiving treatment. According to the US Centers for Disease Control and Prevention (CDC), from 2019 to 2021, the number of adults who said they received mental health treatment in the previous 12 months in the National Health Interview survey increased from 19.2% to 21.6%. This increase was even more profound in adults aged 18 to 44, which grew from 18.5% to 23.2% in the same time period. This growth in treatment is important in reducing stigma, but also speaks to how much more work there is to be done increasing awareness and access to mental health services.

## King Crossword - Answers

**Solution time: 26 mins.**

S	O	R	L	E	A	P	T	I	M	S		
T	H	E	L	O	R	C	A	J	U	R	L	S
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P	O	S	I	T	S	T	B	A	T	E		
R	E	T	O	U	S	T	E	R				
G	O	F	E	R	A	N	Y	S	T	E		
U	H	A	L	O	D	I	S	I	N	G		
S	I	N	G	A	N	O	S	A	G	A	S	
T	O	G	G	L	E	A	O	L				
R	I	C	D	U	T	I	C	S				
E	C	R	U	E	V	E	R	Y	O	N		
P	A	I	N	N	I	L	E	W	I	N		
A	P	P	T	T	E	E	D	A	D	D		

# M.E.S. Celebrates Students Who Have Shown Growth



Each week, the Midland Elementary School recognizes students who have displayed positive characteristics.

This week we celebrated students that have shown growth.

Congratulations to this week's Students of the Week!

Pictured in back from left to right: Asher Webber, Penelope Deffenbaugh, Kaylynn Gerard, Landon Steele, Ava Janssen, Carsen Schlosser and Bella Thomas. Front Row: Reagan Waller, Mila Wigand, Dominic Lucas, River Wilson, Peter Parker Wilson and Camilia Bustamante-Mason



PAWS: Journey Forbes



Pre-K PM: Wrenley Keller



Pre-K AM: Baylor McCall & Bryan Weber



## Kennell's Meat

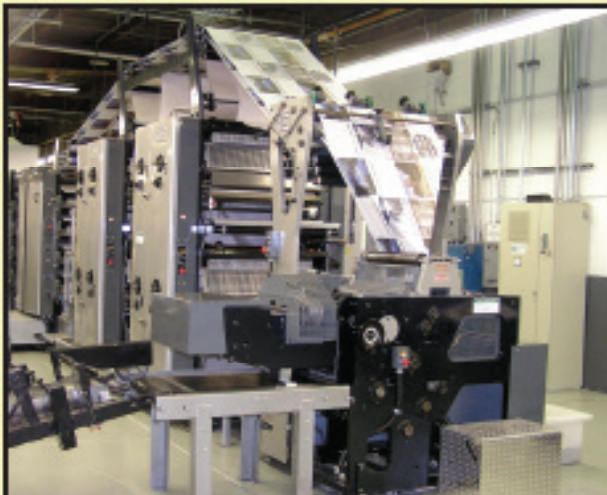
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