

Skeehchooash

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PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

May 2019

MAY IS MENTAL HEALTH AWARENESS MONTH



What is Mental Health?

- ☉ Mental health includes your emotional, psychological, and social well-being.
- ☉ Mental health affects how we think, feel, and act.
- ☉ It determines how we handle stress, relate to others, and make healthy choices

Did You Know?

- ☉ More than **50%** of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime.
- ☉ **50%** of all chronic cases of mental illness begin by age 14 and **75%** by age 24.
- ☉ There are more than **200** classified types of mental illness.
- ☉ **1 in 5** Americans will experience a mental illness in a given year.



What causes Mental Illness

Mental illness is not caused by a single factor. There can be many contributing factors such as

- ☉ Early **trauma** or having a **history of abuse**
- ☉ **Alcohol** or **drug use**
- ☉ Having few **friends**
- ☉ Feelings of **loneliness** or **isolation**
- ☉ **Chemical imbalances** in the brain
- ☉ **Distress** from ongoing conditions such as cancer or diabetes

Find Support

- Make an appointment with your primary healthcare provider
- Seek out support groups in your community
- If it's an emergency, immediately call the **National Suicide Prevention Lifeline: 1-800-273-8255 or 911**

<https://www.cdc.gov/mentalhealth/learn/index.htm>

<http://www.mentalhealthamerica.net/may>

Harry Theodoropoulos, Pharm D. Candidate



At Pequot Health Care, we are dedicated to maintaining your good health!

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