



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

## May 17, 2023: Mental Health Awareness Month

### May is Mental Health Awareness Month.

Mental health awareness month has been observed every year, in the U.S. since 1949. Every year, the month of May is dedicated to raising awareness and promoting dialogue around mental health. Mental Health Month serves as a vital reminder of the importance of prioritizing mental well-being and creating a supportive environment for those struggling with mental health issues. By spreading awareness, extending compassion, and fostering a supportive environment, we can contribute to the well-being of individuals and communities. Together, we can create a society where mental health is prioritized, stigma is eliminated, and support is readily available for all.

This year's campaign is "More Than Enough". According to the National Alliance on Mental Illness (NAMI): *"It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. We want every person out there to know that if all you did was wake up today, that's more than enough. No matter what, you are inherently worthy of more than enough life, love and healing. Showing up, just as you are, for yourself and the people around you, is more than enough."*

### 5 Fast Mental Health Facts:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14



If you or someone you love is in distress, call or text 988.

988 is a 24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones. 988 is here to help—during Mental Health Awareness Month and beyond.



In need of mental health resources or help? Below find a list of resources including nationwide, statewide and Milwaukee area.

- ❖ [MentalHealth.gov](https://www.MentalHealth.gov)
- ❖ [NIMH » Help for Mental Illnesses](https://www.NIMH.nih.gov/Help/Help-for-Mental-Illnesses)
- ❖ [Mental Health | Wisconsin DHS](https://www.MentalHealth.gov/Wisconsin)
- ❖ [Free Mental Health Resources \(Milwaukee\)](https://www.FreeMentalHealthResources.com)
- ❖ [Rogers Behavioral Health](https://www.RogersBehavioralHealth.com)

### NSHD HAPPENINGS

This week we celebrated two of our interns, Afi and Lydia. Afi is finishing up her Master of Nursing degree, with an anticipated graduation date of December 2023 from Alverno College. Lydia is graduating from UW-Milwaukee with a Bachelor's of Science in Public Health and will be pursuing a Master of Public Health degree this fall from the University of Michigan School of Public Health. **They have both been an integral part of our team and will be missed!**



[nshealthdept.org](https://www.nshealthdept.org) • (414) 371-2980

Follow us on social media and visit our website for health information and updates!



### RESOURCES AND REFERENCES

1. [Mental Health Month | NAMI](https://www.NAMI.org)
2. [Mental Health By the Numbers | NAMI](https://www.NAMI.org)
3. [Find Help and Treatment | SAMHSA](https://www.SAMHSA.gov)
4. [Lifeline \(988lifeline.org\)](https://www.988lifeline.org)