

# Healthy Herald

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## Mental Health Month

Each year millions of Americans face the reality of living with a mental illness. During May, the National Alliance on Mental Illness (NAMI) and the rest of the country are bringing awareness to mental health. NAMI fights stigma, provides support, educates the public and advocates for equal care.

### Why is this cause is important?

1 in 5 Americans is affected by mental health conditions.

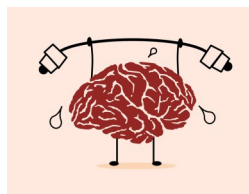
Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it!

### #CureStigma Campaign:

There's a virus spreading across America. It harms 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's

stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure.

To learn more, visit [www.nami.org/mentalhealthmonth](http://www.nami.org/mentalhealthmonth)



Source: National Alliance on Mental Illness

### 10 WAYS TO REDUCE STRESS

- AVOID TOBACCO AND CAFFEINE
- EXERCISE OFTEN
- INCREASE HOURS OF SLEEP
- MEDITATE
- TALK TO FRIENDS OR FAMILY
- JOURNAL YOUR THOUGHTS
- MANAGE YOUR TIME
- LEARN TO SAY "NO"
- PRACTICE BREATHING TECHNIQUES
- MAKE TIME FOR YOU

## May Events- Interested? Call 734-240-7800

### Mindful Eating Workshop

May 2nd 5:30pm-6:30pm  
Monroe County Health Department

**Free!**

Learn concepts of mindful eating that can give you a new way to look at food, help create positive eating experiences & ways to achieve & maintain a healthy weight.



### Infant CPR, Safety and Care

May 9th 5:00 pm-7:00 pm  
Monroe County Health Department

**Free!**

People who would benefit from this class are parents, grandparents, caregivers and babysitters.

Registration is required



### Living with Diabetes

May 16th 7:00 pm-8:30 pm  
Monroe Home Care Shoppe  
474 N. Telegraph Rd.

**Free!**

We will discuss the nutritional benefits of the five MyPlate groups and practice carbohydrate counting with examples from each.



### Adult and Child CPR/AED

May 23rd 5:00 pm-7:00 pm  
Monroe County Health Department

**\$35 includes AHA card and workbook**

Certification is good for 2 years

Registration is required

