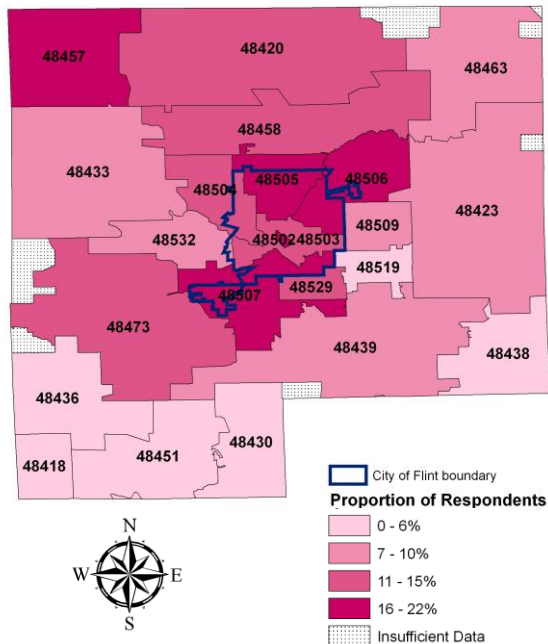


Speak To Your Health! Mental Health

May is Mental Health Month. Good mental health is important and can keep you healthier in general.¹ In the United States, about 22% of people 18 years and under have been diagnosed with mental illness, and 1 in 5 adults suffer from mental illness each year.²

Percent of respondents who have missed more than 2 days of work in the past 30 days due to poor mental or emotional health



DID YOU KNOW?

The Speak To Your Health! Community Survey is a resource that provides information about mental health in Genesee County. The results of the 2009 survey found that mental health could be improved for many individuals:

- 14% of Genesee County residents think they have fair or poor mental health
- 18-24 year olds living in Genesee County have the highest percentage of people reporting fair or poor mental health
- There are racial disparities in mental health in Genesee County. The percentage of people reporting fair or poor mental health was 12% for whites, 19% for African Americans, and 28% for other races
- 31% of people living in Genesee County reported feeling nervous and "stressed out" fairly often or very often

WHAT CAN YOU DO?

- **Get connected.** If someone you know has a mental health condition, help them find a doctor or support group
- **Raise awareness.** Talking about mental health will make others more comfortable talking about it too
- **Take time for yourself.** Taking time to do things that make you happy can help keep your mind in good health
- **Exercise.** Exercising can clear your mind and help decrease stress in your life

WHERE CAN YOU GET MORE INFORMATION?

- **Genesee County Community Mental Health** <http://www.gencmh.org/default.aspx>
 - **24-hour Crisis Hotline:** 1-810-257-3740
- **Hurley Mental Health Associates** <http://www.mhweb.org/midmichigan/hurley.htm>
- **New Passages** <http://www.newpassages.org/>
- **Flint Odyssey House Awareness Center** 1-810-767-1157 by appointment

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¹U.S. Department of Health and Human Services, Federal Occupational Health. (n.d.). *May is mental health month*. Retrieved from website: <http://www.foh.dhhs.gov/NYCU/mentalhealthmonth.asp>

²U.S. Department of Health and Human Services, Federal Occupational Health. (n.d.). *Mental health month*. Retrieved from website: <http://www.foh.dhhs.gov/NYCU/mentalhealth.asp>