

MAY IS MENTAL HEALTH AWARENESS MONTH



Mental Health Awareness Month is a time to raise awareness of the importance of mental health and wellness. It is also an opportunity to fight stigma and promote support for individuals with mental health concerns as well as for their support systems.

Based on Military Health System data for a yearly average of 1.5 million active duty service members (2017–2021) about:

4%

WERE DIAGNOSED
WITH ADJUSTMENT
DISORDER

2%

WERE DIAGNOSED
WITH ANXIETY
DISORDER

2%

WERE DIAGNOSED
WITH DEPRESSIVE
DISORDER

1%

WERE DIAGNOSED
WITH POSTTRAUMATIC
STRESS DISORDER

HOW CAN I DEFEND MY MENTAL HEALTH?



PROTECT

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



SEEK HELP

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



OPTIMIZE

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do

Mental Health Tips 2025

Emilie Sanchez



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