



MAY

Did you know... that May is Mental Health Awareness Month?

What is Mental Health Awareness Month?

Mental Health Awareness Month was established in 1949 by the Mental Health America organization. The goal of Mental Health Awareness Month is to spread awareness about mental health disorders and to help reduce the stigma surrounding them. Educating others about mental health disorders, treatments, and recovery not only helps to reduce the stigma, but it also helps individuals affected by mental health disorders feel comfortable enough to seek support

Mental Health Disorder Facts

According to the National Institute of Mental Health Disorders, around 26% of adults in the United States are impacted by mental health disorders. Additionally, many individuals affected by mental health disorders will experience more than one at the same time. The three most common mental health disorders across adults in the United States include:

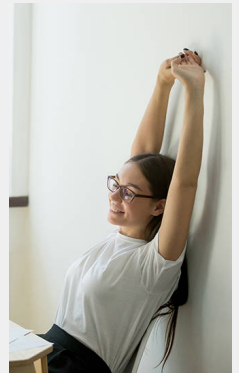
- Anxiety Disorders
- Major Depression
- Post-traumatic Stress Disorder (PTSD)



◆ Wellbeats

Wellness

Taking care of your mind is just as important as taking care of your body. This Mental Health Awareness Month, Wellbeats can help you recharge and prioritize yourself. Wellbeats has a variety of classes with expert instructors that are designed to reduce stress, improve mindfulness, and boost your overall mental health. For example, try the Stress Less program [HERE](#).



Ready to join? In your Wellbeats Wellness account, go to Programs to join the [Intro to Mindfulness](#) today. Start today and discover the transformative power of inner peace.

Works Cited

- www.brownhealth.org/be-well/importance-mental-health-awareness-month
- www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics
- nutrition.org/how-to-boost-mental-health-through-better-nutrition

Download the Wellbeats Wellness app or go to portal.wellbeats.com to get started, or by scanning the QR code!

