

FOR IMMEDIATE RELEASE

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May is Mental Health Month

According to Mental Health America, while our devices make us more connected than ever, loneliness is an increasingly serious public health concern. Recent survey data show that more than half of U.S. adults (58%) are lonely.

Finding a sense of calm and focusing on well-being when you are having mental health concerns can be daunting in our fast-paced society. It can be especially challenging to know where to start.

May is Mental Health Month and K-State Research and Extension Wildcat District is raising awareness of the important role mental health plays in our lives. We are encouraging community members to act toward protecting their mental health and overall well-being.

Mental Health America has created a toolkit to help individuals figure out where to start. The toolkit provides free, practical resources for addressing mental health. Go to mhanational.org/may to learn more.

If you think you may be experiencing symptoms of a mental health condition and are unsure of where to start, take a free, private mental health test at mhascreening.org to determine the next steps or contact your local mental health agency.

It's important to remember that working on your mental health takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of modern life and develop long-term strategies to support yourself — and others — on an ongoing basis.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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