JOIN THE CONVERSATION ABOUT MENTAL HEALTH

#myMHconvo

Share your story as part of National Mental Health Awareness Month.

DID YOU KNOW?

1 in 5 people will experience a mental health issue at some point in their lives.

One of the best things we can do for our mental health is encourage friends and loved ones to talk about it - just like we do our physical health. Talking about mental health can break down stigma. And often, it's the little things like talking and listening that make a big difference.

HERE ARE SOME IDEAS TO HELP KICKSTART YOUR CONVERSATION:

Show others how common mental illness is when you share national stats about mental health like the one noted above.

Tell your relatives about your family's history with mental illness. Much like physical illnesses, some mental illnesses are hereditary.

Share your family's mental health history with your primary care physician.

Call or text your family and friends to ask them how they are. Invite them to share their feelings with you.

Ask someone what they do to unwind from a really rough day. Share the good tips you learn with others.

Tell family, friends and co-workers how you're feeling today. Get comfortable talking about your own mental health, just like you do your physical health.

Have a conversation about mental health this month. Join the conversation on Facebook and Twitter when you use #myMHconvo.

BHD MILWAUKEE COUNTY Behavioral Health Division

Milwaukee County Behavioral Health Division
Get connected to local mental health resources:
24/7 Crisis Line: 414-257-7222
Community Services/BHD Access Clinic: (414) 257-7665
Milwaukee.gov/BHD