

## May is National Mental Health Awareness Month



Millions of Americans live with a mental illness. National Mental Health Awareness Month sheds light on mental health issues and the [stigma](#) that often prevents people from getting the help they need and deserve. Fewer than half of adults with diagnosable mental health problems ever receive treatment, and the cost to society is high. Chronic mental health problems are associated with medical conditions such as heart disease, diabetes, obesity, and cancer. People with untreated serious mental illness may die 25 years earlier than people without mental illness.

### Finding Balance in Our Lives

Our mental health influences how we handle our emotions, deal with stress, and overcome life's setbacks and challenges.

Peg Kirkpatrick, InterCommunity's Director of Adult Clinical Services and Latino Services, stresses the importance of balance in our lives: "We often think of mental health as being about our heads but in fact, caring for our mental health is a matter of balancing all areas of our life.

For example our moods are very much impacted by what we eat and drink. Simply taking a good bring walk each day is shown to reduce anxiety and depression. When we connect with others, our levels of fear and apprehension tend to subside. Mindfulness, mediation and spiritual practices offer us a calm and safe refuge from life's many stressors. And of course we need ways to both be productive and to relax in a manner that we enjoy and which bring us satisfaction. So try to bring balance to all these areas to support better mental health."



**Getting Help:** If you, or someone you know, is interested in primary care, addiction recovery services, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.



**InterCommunity**

*Health Care for the Whole Person*

**40**  
*Years of  
Caring*



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