

OCTOBER WELLNESS



MENTAL ILLNESS AWARENESS & DEPRESSION SCREENING

Each year the National Alliance on Mental Illness (NAMI), dedicates the first week of October to bringing awareness of mental illness across the country. NAMI works hard in overcoming the stigma and misunderstanding of mental illness.

Did you know that 1 in 5 adults experience mental illness each year? And that 1 in 6 American youth between the ages of 6-17 experience a mental health disorder each year?

Even with these percentages, those with mental health issues often feel alone. In addition, they often feel shame, and are afraid to speak about what they are experiencing. NAMI is working hard to cure the stigma against mental illness. They would like to see compassion, empathy and understanding spread throughout the nation, in order to give those with mental illness the room to be well.

NAMI invites you to take a 3 question quiz (click here): [Stigma Quiz](#). Through these simple questions and answers, you will get a sense of what stigma looks like. You will also see how those dealing with mental illness can be helped by feeling comfortable to talk about it, and by being able to seek professional help, without the fear of being judged.

To learn more about NAMI and Mental Illness Awareness Week, please click here: [Mental Illness Awareness Week](#)

Another important wellness awareness event during October is National Depression Screening Day, which is on Thursday, October 10, 2019.

This day is important because: 1) those with symptoms are encouraged to meet with health care professionals to understand the difference between sadness and depression, 2) resources & the understanding of the signs, symptoms and effects of depression are encouraged to be shared, and 3) conversation and education about depression are encouraged to be spread in order to help fight against negative stigmas surrounding depression.

For additional information, click here: [National Depression Screening Day](#)

For information from Mental Health America, and to take a Depression Screening, click here: [Depression Screening Link and Information from MHA](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com