

May is Mental Health Matters Month

Monday, May 8

An important way to reduce stigma around mental illness is to have open and honest conversations with your loved ones. Research states that it takes young people 6 to 8 years, from the onset of symptoms, to ask for help. By starting a conversation and providing support, your loved ones may be more likely to seek treatment sooner rather than later. Talking about mental health will help reduce the risk of consequences associated with untreated mental illness.

What does it mean to have an open and honest conversation about mental illness? If you are concerned about someone in your life but not sure what to do, try taking these steps:

1. **Find a time to talk privately**, and share why you're concerned. Ask questions that call for more than just a yes/no or one word response and then really listen.
2. **Offer hope and support**. Let them know that struggling with mental health is quite common and that people can and do recover.
3. **Share resources**. Offer information about where to find help. For example, visit EachMindMatters.org/resources and It's Up to Us San Diego to access resource information and learn about local and national organizations providing mental health services.
4. **Follow-up**. Ask the person how you can help, and follow their lead about what is helpful.

Starting a conversation might be difficult but it can be the most important one you have. Print out a copy of "[Say This Not That](#)" to help you know what to say. If you believe a loved one is at risk of suicide, visit suicideispreventable.org to learn about the warning signs and how you can help.

Recovery is possible. Each Mind Matters has stories from real people who share their personal testimonies of hope and resilience in overcoming a mental health challenge. Visit EachMindMatters.org/stories to watch these powerful videos and consider sharing them with a person who you are concerned about. Stay tuned for next week's email to receive wellness tips to help you with your mental health. In the meantime, make sure to visit the [Live Well San Diego website](#) or [Live Well San Diego Twitter](#) to learn about activities, ideas, and tips to promote mental health your home and community.

If you or someone you care about is in crisis and needs immediate help, call the Access and Crisis line at (888) 724- 7240.



Additional non-crisis resources for eligible employees and their household members can be found on the [Employee Assistance Program](#) website, or you can call 1-888-777-6665 twenty-four hours a day.

