



Mental Health Awareness Toolkit | *Tip sheet*

How Much Does Mental Health Matter?

Mental health affects your body, your relationships and your daily life. But many people still feel shame or pressure to hide their struggles. This can keep them from getting the care they need.

Some groups face bigger challenges. Older adults, service members and men often feel they should stay silent or “be strong.” Many people in these groups worry that asking for help will make them look weak. Because of this, they may not reach out, even when they are suffering.

Workers face similar fears. Many employees deal with stress, anxiety or sadness, but most do not feel safe talking about it at work. Younger workers often say their workplaces do not support open conversations about mental health.

Talking about mental health can help break this silence. When workplaces and communities promote training and awareness, people feel more comfortable getting support. Treatment, like therapy, can help people feel better and function better in daily life.

It is time to treat mental health as a key part of overall health. When we remove stigma and talk openly, we make it easier for everyone to get help. Mental health is not just a trend — it is an important part of living a healthy and meaningful life.

#MentalHealthMatters

If you or someone you know is struggling with a mental health issue, help is out there. Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).

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