



# Why Mental Health Month Matters

by NEWLIFEOUTLOOK TEAM

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## The Importance of Raising Awareness of Mental Illness

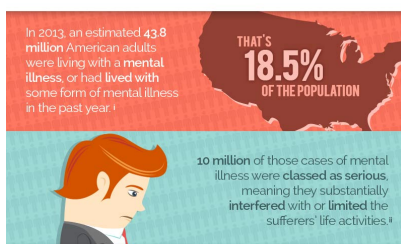
Around 6 million American children live with ADHD, and an estimated 60% of them never 'grow out of it'.

ADHD is a recognized medical disorder, and yet disbelief and stigma surrounding the condition prevail. This makes the challenge of seeking out and committing to treatment even harder.

Education and awareness are key to ending this stigma. May is Mental Health Month – take the opportunity to spread the word that ADHD is nothing to be ashamed about!



It is not uncommon for a person to experience two or more mental health issues in tandem.



Medications, therapies and lifestyle changes can all help to treat the symptoms of mental illnesses, but there is no one size fits all approach. Each person's experience is different.

## CAN CHILDREN SUFFER FROM MENTAL ILLNESS?

Children can experience mental health problems, too. Around **13%** of children **aged 8 to 15** experience some form of mental disorder.<sup>i</sup>

**What is The Most Common Mental Illness Children?**

The most common mental illness in children is **ADHD**, but mood disorders, major depression, anxiety disorders and even eating disorders can affect children.<sup>ii</sup>

## WHAT CAUSES MENTAL ILLNESS?

There is no one thing that causes mental illness. However, the following are common contributing factors:

- Genetics
- An imbalance of chemicals in the brain
- A brain defect or damage
- Trauma in childhood

In a person who is susceptible to mental health problems, external events like a death or break up can trigger mental illness.

## Mental illness is **NOTHING TO BE ASHAMED OF!**

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May is Mental Health Month. Share this with your friends and family to help raise awareness and show your support for the millions of Americans living with a mental illness.

**Resources:**

i. <http://www.samhsa.gov/data/nseos/default2.cfm?nid=NSC4H-0820-0&ResourcePath=2014NSC4H-0820-0&ResourcePath=2014-0820>

ii. <http://www.cdc.gov/health/statistics/prevalence/any-dis-order-among-children.shtml>

iv. [http://www.thekidsfoundation.org/html/about\\_mental\\_illness.html](http://www.thekidsfoundation.org/html/about_mental_illness.html)