Why Mental Health Month Matters

by NEWLIFEOUTLOOK TEAM

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'.

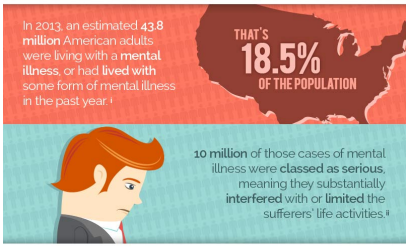
ADHD is a recognized medical disorder, and yet disbelief and stigma surrounding the condition prevail. This makes the challenge of seeking out and committing to treatment even harder.

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.

