

#### STATE OF ALABAMA

# DEPARTMENT OF MENTAL HEALTH

### **RSA UNION BUILDING**

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### MENTAL HEALTH AWARENESS MONTH

Fitness #4Mind4Body Highlights Importance of Physical Health in Achieving Balanced Mental Health



**Montgomery, Ala.** – Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally –it's important to pay attention to both physical health and mental health, which can help achieve overall wellness and set a person on a path to recovery.

During Mental Health Awareness Month, the <u>Alabama Department of Mental Health</u> is raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body. This month, we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.

Commissioner Lynn Beshear said, "Every day we work to decrease stigma surrounding mental illness and to tell the stories of challenge and recovery. By celebrating Mental Health Awareness Month, we can continue to shine a light on the efforts made by local communities and the resources that are available for those in need. This month's theme of Fitness #4Mind4Body is very important because maintaining a healthy body assists a person in achieving a positive state of mind."

## MENTAL HEALTH AWARENESS MONTH

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Many of the department's providers will be hosting informational events designed to encourage a healthy mind and body, and offer important resource information. Please contact <u>your local mental health authority</u> and partner agencies, such as <u>National Association for Mental Illness Alabama</u>, for more information.

Also, May 7-13 is Children's Mental Health Awareness Week, emphasizing the importance of an integrated approach to caring for the mental health needs of children, youth, and young adults who have experienced trauma, as well as their families.

Mental Health Month was started 69 years ago by the Alabama Department of Mental Health's partner, Mental Health America, to raise awareness about conditions and the importance of good mental health for everyone. For more information on Mental Awareness Health Month, visit <a href="https://www.mh.alabama.gov">www.mh.alabama.gov</a> and Mental Health America's website at <a href="https://www.mentalhealthamerica.net/may">www.mentalhealthamerica.net/may</a>.

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