EDITORIAL

MAY – Mental Health Awareness Month

**IT’S O.K. TO NOT BE O.K.**

For physical problems, most people go to the doctor and get a check-up. They have their blood pressure, temperature and weight measured. They have blood drawn to check for issues with cholesterol, blood sugars, thyroid, iron levels, electrolytes and other measures. We go for regular eye appointments and dental checks. Why don’t we regularly check our brain health?

In many cases, people only seek out a mental health professional after a crisis has occurred. Coping in these difficult times is already stressful enough without adding the things that occur in normal day to day experiences. Take a little time and go to this website for a screening. You may be surprised at what it reveals and you may be helping to improve your life and those around you.

May is Mental Health Awareness Month and Mental Health America has implemented a comprehensive online screening tool at [mhascreening.org](http://mhascreening.org) It can help you determine whether you are experiencing a long term illness or short term problems. It is completely private and includes contact information that enables virtual instant help if you desire. It has a down-to-earth common sense approach to the way you respond and makes no assumptions. It is totally anonymous and will offer solutions you could use right away.

Green is the color used to promote mental wellness during the month of May. We will be lighting C-Hill with green lights to honor mental wellness. Additionally, you can join the community awareness by wearing green on May 9th which is specifically Children’s Mental Health Awareness Day. We also encourage you promote this month with sidewalk art. A simple green ribbon would be perfect or come up with healthy brain concept! Send us a photo of your sidewalk art on our Facebook page at: <https://www.facebook.com/MHAwarenessNEPanhandle/>

Stay Well,

Chadron Community Mental Health Committee

Chadron Public Schools

Chadron State College

Educational Service Unit #13

Panhandle Partnership

Western Community Health Resources