



SUE RAM, OTR, OTD

MENTAL HEALTH AWARENESS/ACCEPTANCE MONTH

May is Mental Health Awareness Month. The Texas Occupational Therapy Association (TOTA) prioritizes and supports mental health care and access to all. Although mental wellness is important year-round, it is important to remember to show kindness to others and ourselves during Mental Health Awareness Month whether it means taking some time for a getaway or going for a walk every morning. Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.¹ TOTA works diligently to ensure that every individual we encounter has access to the mental health care that is needed. During the month of May, we encourage members to raise awareness and educate the public about mental health issues and strategies to achieve mental wellness. There is no better time to show the world occupational therapy's distinct value in addressing mental health. It is crucial to end the stigma toward mental illness through education, advocacy, and awareness.

MORE THAN ENOUGH

Know that you are enough, you are valued, and you are not alone. Should you or someone you love need extra support, please call or text 988, which is the new number to direct you to the suicide and crisis hotline

INTERESTED IN LEARNING MORE?

1. <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHDetailedTabs2017/NSDUHDetailedTabs2017.pdf>
2. <https://www.tota.org/mental-health-advocacy>
3. <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
4. <https://www.aota.org/practice/clinical-topics/mental-health>
5. SAMHSA webinar- ["Awareness" to "Acceptance"](#)



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1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.

[HTTPS://WWW.TOTA.ORG/MENTAL-HEALTH-ADVOCACY](https://www.tota.org/mental-health-advocacy)