



Live Your Life Well: May is Mental Health Month



Mental Health America began promoting “May is Mental Health Month” in 1949, and now, over 60 years later, the Mental Health Association in Santa Barbara and mental health advocates across the country continue to celebrate this tradition.

As a community, we are all affected by times of ongoing stress and personal challenges in our lives. In light of Mental Health Month, the Mental Health Association hopes you will take this opportunity to take action to protect your mental health and enhance your well-being.

While we primarily focus on those with serious mental health issues, we’re also concerned with the state of the community’s mental health as a whole. Advocate for yourself and get the care you need. And don’t forget that we are fortunate to have many incredible resources in Santa Barbara that can make a big difference. You deserve to be in good health.

An estimated one in every four people in the U.S. has experienced a diagnosable and treatable mental illness at some point in their lives. That translates to roughly 60,000 residents in Santa Barbara County alone who are battling depression, addiction, schizophrenia, bi-polar disorder, anxiety or another form of mental illness. If you know someone who is struggling with mental illness, offer your support to help find the care they need. ☺