



MENTAL HEALTH AWARENESS MONTH

BREAK THE SILENCE, BREAK THE STIGMA



1 IN 5 ADULTS

in the US lives with a mental health condition.



MUSICIANS

are **three times more likely** to suffer from depression and anxiety than the general public.



Adults living with serious mental illness die on average **25 years earlier** than other Americans, largely due to treatable medical conditions.

5 TIPS FOR MAINTAINING MENTAL HYGIENE



ASKING FOR HELP CAN MAKE THE DIFFERENCE

Mental health issues are manageable and treatable, so don't be afraid to seek help. Talk to your doctor about your options.

AVOID SELF-MEDICATING WITH ALCOHOL &



OTHER DRUGS

Keep alcohol and drug use to a minimum or not at all, these substances only aggravate problems.



STAY CONNECTED

Life as a musician can mean long periods of time alone, however, if you are feeling down it's important to make an effort to connect with others.



LEARN HOW TO COPE WITH STRESS

Like it or not, stress is part of life. Learn how to practice good coping skills. *Try taking a walk, meditating, playing with your pet, journaling or laughing!*



VALUE YOURSELF AND TAKE CARE OF YOUR BODY

Self-compassion goes a long way. Being kind to yourself and taking physical care can improve mental health. *Eat nutritious meals, quit smoking, and get enough sleep!*

WAYS YOU CAN HELP



TALK

Start the conversation about mental health, encourage yourself and others to be **#StigmaFree!**



PARTICIPATE

Attend a local event supporting **NAMI New Orleans** or the **BTD Foundation** or volunteer in your community.



SUPPORT

Donate to a mental health organization or talk to a friend who might be in need.

If you live in Louisiana, mental health resources are needed now more than ever - contact your representatives and urge them to maintain funding and support for mental health services or participate in the [2017 NAMI Walks New Orleans](#) !

OUR MENTAL HEALTH COMMUNITY PARTNERS

