# May is Mental Health Month – Article (SEBB)

# How to use

* Share the article below in a newsletter or blog to promote the *May is Mental Health Month activity*, which runs from May 1 through 31, 2021.
* The article is ready to use as is or you can edit to make it work for your organization.
* If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

**Title**: Your mental health matters

**[](https://smarthealth.hca.wa.gov/)**

May is mental health month and now more than ever it’s important to focus on developing mental health habits like creating healthy routines, connecting with others, and seeking help when you need it.

## What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

## How does mental health affect me?

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can affect their mental health.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

* Biological factors, such as genes or brain chemistry
* Life experiences, such as trauma or abuse
* Family history of mental health problems

We all want to feel well, both mentally and physically. But what feeling well means, especially in terms of mental health, varies for each of us. We all need different things to feel our best, but for all of us it’s

about feeling positive about ourselves and others, being able to form good relationships, and having the resilience to overcome challenges.

## How can I help my mental health?

No one should feel alone or without the support they need. Staying connected to others and your community and making time for things you enjoy, can help your mental well-being. For more information and links to resources, join the “[May is Mental Health Month” activity](https://smarthealth.hca.wa.gov) from May 1 to 31 in SmartHealth.

### What is SmartHealth?

[SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth) is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.