



Southwestern Oklahoma State University  
SWOSU Digital Commons

---

SWOSU BULLDOG WELLNESS

Newsletters


---

5-2022

**May 2022**

SWOSU Bulldog Wellness Committee

Follow this and additional works at: <https://dc.swosu.edu/wellness>

 Part of the [Dietetics and Clinical Nutrition Commons](#), [Health and Medical Administration Commons](#), [Health Information Technology Commons](#), and the [Medical Education Commons](#)

---

# SWOSU

## Bulldog Wellness

May 2022



# TOGETHER

for Mental Health

#Together4MH

## May is Mental Health Awareness Month

- **1 in 5** U.S. adults experience a mental health condition each year.
- *You are not alone on your mental health journey.*
- Mental illness affects **more than 50 million people in the U.S.**
- **17% of youth** aged 6–17 experience a mental health condition.
- Sharing your story can be a therapeutic experience. It's also an important way to communicate to your community that we are #Together4MH.
- For far too long, stigma and discrimination have silenced those living with mental health conditions. This #MHM, let's challenge stigma and change the conversation.
- 19% of U.S. adults — an estimated 48 million people — had an anxiety disorder.
- Annually, mental illness affects:
  - 14% of Asian adults
  - 17% of African American/Black adults
  - 17% of Native Hawaiian/Pacific Islander adults
  - 18% of Hispanic/Latinx adults
  - 19% of American Indian/Alaska Native adults
  - 36% of multiracial adults
  - 47% of LGB adults
- **The suicide rate has increased 35% since 1999.**

### TOGETHER

for Mental Health

#Together4MH

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

[nami.org/mentalhealthmonth](https://nami.org/mentalhealthmonth)



In honor of Mental Health Awareness Month, please join us for *seven days of physical and mental wellbeing activities* starting **May 25.**

<https://link.movespring.com/join?orgCode=swosu1&groupCode=W25GPE>