

# May is Mental Health Awareness Month

Maintaining good mental health is incredibly important to your overall wellness.

Your mental health affects the way you think, feel and behave. Mental health includes your emotional, psychological and social well-being. Your mental wellness is important at every stage of life.

## Some benefits of Mental Wellness:

- Improved mood
- Good sleep hygiene
- Better digestion
- Stronger immune system
- Ability to manage difficult emotions
- Enhanced inner peace
- Mental clarity
- Healthy relationships
- Self-confidence
- Effective problem solving skills
- Increased creativity and joy

## When to seek support from a Mental Health Professional:

- If you are experiencing severe or uncontrollable mood swings
- Are feeling socially withdrawn or isolated
- If you are experiencing long lasting sadness or irritability
- Have had dramatic changes in sleeping or eating habits
- If you are finding it difficult to concentrate or complete daily activities or tasks
- If you have lost interest in the things you once enjoyed

If you are in need of support, please contact NYC Well: 1-888-NYC WELL (692-9355).

To schedule an appointment with a licensed therapist at Hudson Guild, please call (212)-760-9822