



May 2015 is Mental Health Month

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases, and are beginning to show signs of symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. So why aren't we doing the same for individuals who are dealing with potentially serious mental illness?



When you or someone close to you starts to experience the early warning signs of mental illness, knowing what the risk factors and symptoms are will help to catch them early. Symptoms such as loss of sleep, feeling tired for no reason, feeling low, feeling anxious, or hearing voices, shouldn't be ignored or brushed aside in the hopes that they go away. Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms. *Mental Health America's* screening tools can help.

Taken online at **www.mhascreening.org** (*Mental Health America*) a screening is an anonymous, free and private way to learn about your mental health and see if you are showing warning signs of a mental illness. A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

Employee Assistance Program



City of Milwaukee EAP

This May is Mental Health Month; the *City of Milwaukee Employee Assistance Program* is raising awareness of the important role mental health plays in our lives. Mental illnesses are not only common, they are treatable. The *City of Milwaukee Employee Assistance Program* wants to help people learn what they can do both to protect their mental health and know the signs of mental illness. **Be aware of your mental health and get screened B4Stage4 today!**

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