May is Mental Health Awareness Month

University of Maine System Office of Human Resources

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May is Mental Health Awareness Month

Mental health is essential to your overall health and well-being, just like your physical health.

Though you can easily spot signs of poor physical health, identifying mental health issues, especially in oneself, is more complex.

You can start by asking yourself a few questions:

- Have things that used to feel easy started feeling difficult?

- Does the idea of doing daily tasks like making your bed now feel really hard?

- Have you lost interest in activities and hobbies you used to enjoy?

- Do you feel irritated, possibly to the point of lashing out at people you care about?

If you answered yes to any of these, you are not alone – help is out there, and recovery is possible.
Please find more information and a wealth of resources on our University of Maine System (UMS) Wellness website. And for supervisors, watch this new Mental Health for Managers video!

Visit our Wellness Website

Everyone should have the support needed to thrive. Throughout May, we will share resources and information to help you gain a broader understanding of mental health conditions to help you be more informed if you or someone you know is experiencing a mental health condition or crisis.

Sincerely,
Your Human Resources Partners

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