

Mental Health Awareness Month 2025

Talking Points for Organizations

What is Mental Health Awareness Month?

May is Mental Health Awareness Month, an annual observance founded by Mental Health America in 1949 to highlight the importance of mental wellbeing, educate the public, reduce stigma and build support for those affected by mental health conditions. Each May, the [National Council for Mental Wellbeing](#) brings additional attention to the challenges faced by those with mental health conditions and the need for a supportive, understanding environment. Keep reading to learn how you can make a difference this month.

Why is Mental Health Awareness Important?

Mental health awareness plays a crucial role in reducing stigma, encouraging early intervention and fostering empathy and understanding. By normalizing conversations around mental health, it nurtures a more compassionate society where individuals feel empowered to seek help, leading to improved mental wellbeing. Despite progress in mental health initiatives, more than 30 million people in the U.S. still lack access to comprehensive, high-quality care. These [statistics](#) highlight the ongoing need for Mental Health Awareness Month and the importance of bringing attention to this disparity:

- 1 in 5 U.S. adults experience mental illness annually.
- 1 in 20 U.S. adults face serious mental illness each year.
- 1 in 6 U.S. youth have a mental health condition, yet only half receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

How Can My Organization Recognize the Observance?

Your organization can recognize Mental Health Awareness Month in the following ways:

- **Lead by example:** Start by setting an example for others by prioritizing your mental health. To help you do that, we created a [Mindful Moments Checklist](#). Please share this resource with your loved ones, colleagues and community members, too!
- **Check-in on someone:** Take some time to connect with a colleague, customer, community member or loved one to see how they are doing. Remember to use the [Mental Health First Aid \(MHFA\) Action Plan](#) to help you navigate the conversation.
- **Raise awareness on social media:** Share facts, resources and stories that normalize conversations around mental health on your organization's social media platforms. To help you get started, we've created a [Mental Health Awareness Month social graphic](#) for you to include in your social post.

- **Encourage mental health breaks:** Promote self-care by allowing flexible work hours, designated quiet spaces or encouraging team members to take “mental health days.”
- **Start a mental health resource hub:** Share information about your Employee Assistance Program (EAP), training, apps, articles and other available resources to help encourage awareness and support.

How Can I Stay Involved All Year Long?

By staying informed, getting involved and spreading awareness year-round, you can make a difference in your own mental health and the lives of others. Take advantage of our newsletters, resources and learning opportunities:

- [Sign up for our newsletters](#) to stay updated on the latest news and trends.
- [Bookmark our Mental Health First Aid blog](#) for wellbeing insights.
- Follow Mental Health First Aid on [Facebook](#), [X](#) and [Instagram](#).
- Discover new MHFA training opportunities for your organization by connecting with your MHFA representative.

**From all of us here at the National Council for Mental Wellbeing,
thank you for joining us in recognizing Mental Health Awareness Month.
Together, we will make a meaningful impact!**