



FOR IMMEDIATE RELEASE

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**“MIND YOUR HEALTH” IN MAY AS PART OF
MENTAL HEALTH AWARENESS MONTH**

Get healthy by “Minding Your Health” as part of Mental Health Awareness Month!

Did you know:

- An estimated 54 million Americans suffer from some form of mental disorder in a given year (from NMHA).
- Mental health issues may be related to excessive stress caused by a life-changing event, genetic factors, biochemical imbalances or a combination of factors.
- Physical health is closely related to your mental health.
- A recent report from the National Institute of Mental Health indicates that nearly 18.8 million Americans over the age of 18 suffer from depression?*

Signs of depression are:

- Persistent sad or anxious feelings
- Difficulty sleeping
- Loss of interest in activities you once enjoyed
- Decreased energy and appetite.

Research indicates that therapy can be helpful for depressed individuals and their family by helping them gain insight into and resolve their problems.

If you would like to talk to a licensed counselor about depression or any other issues affecting you or your family, call Family Services of Greater Houston at (713) 861-4849 or visit them online at www.familyservices.org for more information. Family Services offers short-term counseling at affordable fees in 6 Houston-area locations and can help you get healthy during Mental Health Awareness Month.

*All research and statistics from the National Institute of Mental Health: “The Numbers Count: Mental Disorders in America,” *Science on Our Minds Fact Sheet Series*.
<http://www.nimh.nih.gov/publicat/numbers.cfm>.

Since 1904, Family Services of Greater Houston has continually adapted to meet the needs of Houston-area families. Our mission is to strengthen individuals, families and communities through the provision of preventive, supportive and therapeutic services.

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