

## Mental Health Awareness

With increasing economic troubles piled on to the stress of work and family demands, more and more Americans are suffering. In fact, **58 percent of Americans reported struggling in their lives at the end of 2008**, according to the Gallup-Healthways Well-Being Index. This represents an increase of more than 22 million Americans who reported struggling earlier in the year.

During these difficult times, Mental Health America wants Americans to know that there are tools that can buffer the effects of stress and help them cope better with the many challenges they face. This May, in honor of Mental Health Month, the organization is launching the **Live Your Life Well<sup>SM</sup>** campaign to provide people with 10 specific, research-based tools that can combat stress and promote health and well-being.

From relaxation techniques to journaling exercises to simple ways to get better sleep and improve eating habits, the materials offer a wide range of resources to build resiliency and well-being. The **10 Tools of Live Your Life Well<sup>SM</sup>** also includes information on seeking the help of a mental health professional. Find more information at the **Live Your Life Well<sup>SM</sup>** website.

[Application for Mental Health Services in Chouteau County](#)

[Are You Feeling Stressed Out?](#)

[Parenting During Tough Economic Times Depression: Know the Signs](#)

[Stress: Know the Signs](#)

[Staying Well When You Have a Mental Health Condition](#)