



May is Mental Health Month

Mental Health America (MHA) is proud to continue its tradition of celebrating *May is Mental Health Month*, which began in 1949. “The purpose of May is Mental Health Month is to raise awareness around not just mental health conditions, but the importance of promoting good mental health, meaning taking care of yourself,” said Erica Ahmed, the director of public education for Mental Health America.

The 2011 MHA campaign this year is called *Do More For 1 in 4*. Statistics support that at any given time, 1 in 4 Americans has a mental health condition. This means that if it doesn’t impact you directly, it impacts, more than likely, somebody you know. To find out your mental health IQ by taking a short quiz, visit <http://www.bghealth.org/mental%20health%20quiz.htm>.

National Mental Health Awareness Month is a time when mental health organizations across the nation, band together to promote awareness of the importance of maintaining good mental health. This year's theme is focused on helping the 1 in 4 American adults in their lives who are living with a diagnosable, treatable mental health condition.

For more information about May Is Mental Health Month, visit the Mental Health America website: www.mentalhealthamerica.net or visit the Exceptional Family Member Program (EFMP)* webpage at <http://www.pica.army.mil/mwr/ACS/EFMP.htm> or contact the EFMP Manager, Marci Keck, at 973-724-2145 or marci.keck@us.army.mil.

**The Department of Defense EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to Families with special/exceptional needs.*