

MAY IS BEHAVIORAL HEALTH AWARENESS MONTH

Mental health problems are VERY common

- 1 in 5 United States adults experience mental illness and 1 in 20 experience serious mental illness.
- 90% of people who die by suicide have experienced symptoms of a mental health condition.
- Suicide is the 10th leading cause of death in the United States.
- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population.

Source: National Alliance on Mental Illness (nami.org)

Confidential help is always available.

The AultCare Health and Wellness Team is available to provide help, support, and resources, such as:

Behavioral Health via Teledoc

**GuidanceResources at
guidanceresources.com (Web ID: COM589)**

Life Coaching with AultCare's Certified Life Coaches



To schedule a confidential appointment, visit:

www.aultcare.com/mactrailer (password: MACTrailer)

Select Health and Wellness Center Registration

Find your location and select **Nurse or Dietitian** for a 20 minute appointment