



MENTAL HEALTH ASSOCIATION OF COLORADO

For Immediate Release
Friday, April 28, 2006

Contact: Jacy Conradt ■ Community Relations Coordinator
720-208-2234 ■ jconradt@mhacolorado.org

MAY IS MENTAL HEALTH MONTH – MENTAL HEALTH = PHYSICAL HEALTH

DENVER, Colo. – April 28, 2006 – May is Mental Health Awareness Month. Did you know that chronic stress makes people more vulnerable to a host of physical illnesses? Or, that depression commonly occurs in people who have heart disease? That depression is not necessarily a part of aging?

Numerous studies have shown that a close relationship exists between mental health and physical health. In fact, in 2003, the President's New Freedom Commission declared, "mental health is key to overall physical health;" making May, which is Mental Health Awareness Month, a great opportunity to take the time to learn mental health awareness tips and information.

With the ever-growing pressures of our fast-paced, on-the-go lives, lengthy commutes, and the daily stressors of balancing work and family, the **Mental Health Association of Colorado** has provided some mental health tips to help manage the day-by-day demands of our lives. Visit www.mhacolorado.org for access to such information as:

- **Depression Checklist: Know the Signs**
- **Mind Your Stress: Tips for Managing Stress on the Job**
- **Finding Your Balance: At Work and Home**
- **Mind Your Health: Supporting Family and Friends Who Have a Mental Illness**
- **Returning to Work: Tips for Guard Members and Reservists**
- **10 Tips to Improve Mental Health in Older Adults**
- **10 Tips for Improving Family Mental Health**

Free and confidential mental health screenings for post-traumatic stress disorder, anxiety, depression and obsessive-compulsive disorder are also available online at www.mhacolorado.org.

Remember in May, and every day, good mental health is good for the body!

-###-

About the Mental Health Association of Colorado

The Mental Health Association of Colorado is the catalyst and voice for the Colorado mental health movement. Through Education, Advocacy and Outreach, we provide resources to Coloradans affected by the entire spectrum of mental health issues.

1385 S. Colorado Blvd., Ste. 610, Denver, CO 80222
720-208-2220 ■ 800.456.3249 ■ 720-208-2250 fax
www.mhacolorado.org