

According to Merriam-Webster's Dictionary, mental health can be defined as:

1: the condition of being sound mentally and emotionally that is characterized by the absence of mental illness and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life.

.... *also* : the general condition of one's mental and emotional state

Why is this important? Statistics from the National Alliance on Mental Illness (NAMI) tell us 1 in 5 adults will experience some type of mental illness this year. You can find support online at <https://www.nami.org/Find-Support>; or by calling the NAMI Helpline at 800-950-NAMI. In a crisis, you can simply text "NAMI" 741741. Treatment works...but taking that first step can be the hardest part.

Another great resource to find treatment centers is the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health & Human Services. SAMHSA was established by Congress in 1992 with the charge of leading "*public health efforts to advance the behavioral health of the nation.*" Find treatment locations at <https://www.samhsa.gov/find-treatment> for not only mental health, but also for substance abuse, disaster distress, and other illnesses as well.

September is National Recovery Month. Now in its thirtieth year, National Recovery Month "*is to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives.*"

Learn more how treatment can work for you at www.recoverymonth.gov.



If you are having trouble with the U.S. Department of Health & Human Services, or any government agency, please contact our office at caseworkga11@mail.house.gov or 770-429-1776. We look forward to serving you, should you need our assistance.