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DOH-SANTA ROSA PROMOTES NATIONAL MENTAL HEALTH MONTH IN MAY



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Milton, FL. — The Florida Department of Health in Santa Rosa County (DOH-Santa Rosa) encourages residents to be aware of mental health resources available in their communities during National Mental Health Month in May. [Mental health](#) is characterized by a state of well-being and how we cope with the everyday stresses of life, work productively, and contribute to our communities. Mental wellness is critical to well-being and integral to overall health.

“We want Floridians to know that good health means caring for your mind, body and soul,” **said State Surgeon General Dr. Joseph Ladapo.** “I encourage everyone to invest some time during Mental Health Awareness Month and reflect on how you can better take care of yourself and transcend barriers that stand between you and a healthier you.”

Mental health is more than the absence of mental illness. Mental health connects to behavior and physical health. [Nearly 1 in 5 individuals](#) in the U.S. live with a mental illness. Mental health impacts families and communities and is a public health concern. Wellness is essential to living a whole and productive life.

Positive mental health allows people to:

- Experience increased feelings of calm, happiness, or satisfaction
- Cope with the stresses of life
- Realize their full potential
- Work productively
- Make meaningful contributions to their communities

You can improve or maintain positive mental health by:

- Developing healthy [coping skills](#) to help you deal with stress.
- Getting professional help if you need it.
- Connecting with friends, family, and others by [reaching out for support](#), getting involved in your community, or volunteering for a cause you care about.

- Engaging in physical activity. It can be anything from playing a sport to stretching and taking a walk,
- Getting enough sleep, which improves mood and overall health.
- Practicing relaxation by exploring your interests or hobbies, listening to relaxing music, or unwinding with a warm drink like tea.

If you or a loved one is experiencing crisis, there is help available:

- Suicide and Crisis Lifeline: **Call or text 988**
- Veterans Crisis Line: **Call 988 x 1 or text 838255**
- If you are experiencing or see a life-threatening emergency, **please call 911**.

About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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