

It's Mental Health Awareness Month!!!



## Mental Health Awareness Month

It's that time of year again...It's Gonna Be May (insert Justin Timberlake meme here)! May is one of my favorite months of the year for so many reasons - May the 4<sup>th</sup> be with you, it's gonna be May, etc... but Mental Health Awareness Month tops the chart as being the main reason why! This year's theme for Mental Health Awareness Month is "Together for Mental Health." NAMI explains that this month, "we will use this time to bring our voices together to advocate for mental health and access to care." As with any other awareness months, the purpose is to advocate for different populations/issues and break the stigma when talking about different topics (e.g., autism, minority mental health, breast cancer, etc.). If you click on the title of this article, you will also be directed to a CBS video of an interview with Clinical Child Psychologist, Jamie Howard, where she discusses the Child Mind Institute's "dare to share" campaign.

Please take a moment to watch the video from Taraji P. Henson (above) as she continues to be a strong advocate for not only mental health, but also for women and people of color! You can check out my website ([HERE](#)) to view more interviews from celebrities and professionals who are working hard to bring people together to break the silence around mental health.

## WHAT'S NEW?



### MENTAL HEALTH APP CONCERNS

Discover some of the pros and cons of virtual help for mental health & illness

### MENTAL HEALTH AND ATHLETICS

Learn more about the growing need for mental health services for professional and student athletes

### WONDERMIND WARM-UP

Here is a glimpse into the WONDERMIND newsletter that comes 3x/week to help you improve your mental fitness

## Mental Health App Concerns

There is no shortage on apps which are easily accessible for all mobile devices to help someone with their mental health concerns. The challenge with using these apps, however, is that not every mental health issue can be solved with a simple app. Many of the apps are also not educating users as to what issue the app is appropriate for and how it is helping them - or what it could be missing. René Quashie, vice president of policy and regulatory affairs for digital health at the Consumer Technology Association, explained that "there's a difference between somebody who's got serious depressive symptoms, and somebody who is going through a stressful period in their life...and apps should be clear about their aims and abilities." Some apps do link users to professionals, but most others offer chatbots, mood trackers, and guided breathing/mindfulness activities.

I have my own private practice outside of MRHS and when the pandemic hit, it was kind of nice to be virtual. This allowed me to reach more people and many clinicians agreed! In addition to one-on-one in-person therapy, an app can be extremely beneficial! Doctors alike, have expressed that have telehealth services opened the door to treating more people who otherwise would not have been able to attend an appointment. "Tiffanie Mouzoon, a 41-year-old woman in from Orange County, Calif., told Axios she started using TalkSpace to text with a therapist when she was in recovery from an injury and unable to go anywhere in person." The major problem with telehealth services (whether for physical or mental health) however, is that it is limited and requires a different treatment approach. Many people think of convenience instead of effectiveness with telehealth services.

## Mental Health Services for Athletes

Symone Biles never expected to see that her decision to remove herself from the 2021 Olympics would go any further than having fans praise or criticize her decision. The reality, however, is that since she made this life-altering decision, the whole world of athletics was turned upside-down. Many other professional athletes made similar decisions, and colleges and professional teams around the globe are continuing to evaluate the need for mental health resources for their athletes.

"Concerns over mental wellness have gripped college athletics in recent weeks after the deaths of three female student-athletes by suicide, according to statements from family members and local coroners' office. Stanford soccer player and team captain Katie Meyer, 22, died March 1. Wisconsin track athlete Sarah Shulze, 21, died April 13. On Thursday, the Western Office of the Chief Medical Examiner in Virginia ruled the death of James Madison softball payer Lauren Bernett, 20, to be by suicide."

Learn more about mental health and sports [HERE!](#)

### Monday: WONDERMIND Warm-Up

**Try this:** Designate one area of your space as a no-worry zone, or a safe place where you can go when you're feeling overwhelmed. You can get cozy and focus on your breath or plan your next vacation or listen to a feel-good playlist—whatever makes you feel more like yourself is fair game.

**Think on this:** Is there something you're avoiding today, whether it's a to-do list item or a feeling? Spend some time thinking about what you're running from and what you can do about it.

**Remember this:** Accepting yourself for who you are (imperfections and all) takes time. Have patience.