



May 6, 2021

May is Mental Health Awareness Month

If you have a mental health condition, you're not alone. [One in 5](#) American adults experiences some form of mental illness in any given year. Across the population, [1 in every 20](#) adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression. Unfortunately, many people don't seek treatment or remain unaware that their symptoms could be connected to a mental health condition. Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

If you're concerned about any of these signs either in yourself, a love one or a flying partner, please reach out to your AFA EAP committee for confidential support and assistance. Call 1-800-424-2406 or locate your local AFA EAP committee members at hawaiianafa.org/eap.

Stronger Together, Better Together,
Your Honolulu and Los Angeles EAP Team Members