



May 2026

## PATH EDUCATION

As Mental Health Awareness Month comes to a close in May, it is important to remember that mental health is just as important as physical health. While the stigma of discussing mental health has relaxed over the last decade or so, there are still those who don't feel comfortable prioritizing their mental needs.

### **What is Mental Health Awareness Month?**

May is Mental Health Awareness Month, an annual observance founded by Mental Health America in 1949 to highlight the importance of mental wellbeing, educate the public, reduce stigma and promote support for those affected by mental health conditions. Each year, individuals and organizations come together to raise awareness and advocate for better mental health care and resources.

**Mental Health Statistics** from The National Council for Mental Wellbeing  
Despite overwhelming need, nearly 30 million people across the U.S. don't have access to affordable, comprehensive mental health and substance use treatment. The stark truth is:

- Around 1 in 5 adults experienced any mental illness in the past year.
- 1 in 20 adults experienced serious mental illness in the past year.
- 1 in 5 youth have a mental health condition, with anxiety being the most common condition.
- Globally, about 35% of mental illness emerges by age 14, with nearly 63% appearing by age 25.
- In 2023, 20% of high school students in the U.S. considered suicide.

And according to Brown University Health:

You might be surprised by the prevalence of mental health conditions in adults in the US:

- 48 million have an anxiety disorder
- 21 million have major depression
- 9 million have post-traumatic stress disorder
- 7 million have bipolar disorder
- 3.5 million have borderline personality disorder
- 3 million have obsessive compulsive disorder
- 1.5 million have schizophrenia

To find mental health resources in your area, start by calling or texting **988** for the free, 24/7 Suicide & Crisis Lifeline. For local care, connect with Kentucky

Cabinet for Health and Family Services or dial **2-1-1** to reach local community health and support services.

Finding the right support involves exploring a few key avenues:

- **Immediate Assistance:** If you are in distress or experiencing a crisis, the 988 Suicide & Crisis Lifeline provides immediate, confidential support by phone or text.
- **Insurance Provider Directories:** Contact your health insurance provider (e.g., Aetna, Anthem BlueCross BlueShield) to request a list of in-network therapists, psychiatrists, and mental health facilities in your specific area.
- **National Directories:** Browse through verified professional directories like Psychology Today Find a Therapist to filter providers by your location, specialties, and accepted insurance.
- **Community Mental Health Centers:** Reach out to your local health department or a Community Mental Health Center (CMHC) to access low-cost or sliding-scale services if you are uninsured or underinsured.
- **Workplace or School Resources:** If you are employed or a student, check if your employer has an Employee Assistance Program (EAP) or if your school offers student counseling services, which typically provide short-term care or referrals.

As Mental Health Awareness Month comes to an end, the conversation about mental health should not. Mental wellbeing affects every aspect of our lives—from our relationships and work performance to our physical health and overall quality of life. The statistics make it clear that mental health challenges are common, but help is available and recovery is possible. Whether you are seeking support for yourself, checking in on a loved one, or simply learning more about mental health, taking action can make a meaningful difference. By continuing to raise awareness, reduce stigma, and connect people with resources, we can help ensure that everyone has the opportunity to prioritize their mental health not just in May, but every day of the year.

[988](#)  
[NAMI](#)

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## PATH IN THE BOARDROOM

Work continues as the PATH board gears up to transition leadership in July, 2026. We look forward to presenting the new slate of officers to you later this summer.

New board members are also being welcomed to the board to increase our knowledge and education base in all areas of board governance.

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## PATH AND YOU



The 24 hour day of giving returns on Thursday, September 10, 2026. Save the Date and be sure to support PATH during this amazing day of generosity.



Want to support PATH but perhaps don't have the resources? If you do your grocery shopping at Kroger, please consider signing up for Kroger Community Rewards and making PATH your beneficiary.

Follow instructions here: [Kroger Community Rewards Instructions](#)

or

Sign in to your account at [kroger.com](https://www.kroger.com), go to My Account, Select Community Rewards from the left hand menu, search for PATH Coalition of KY, click Enroll.

It's that easy! PATH thanks you for your support.



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