

## **May is Mental Health Month -- The Perfect Time for a Confidential, Telephone Mental Health Screening**

In celebration of *May is Mental Health Month*, The Mental Health Association in New Jersey's NJ MentalHealthCares Help Line is highlighting its free, confidential mental health screenings, completed on the phone with a behavioral health specialist. Our staff can discuss with callers how to use the screening results to start a conversation with a primary care provider or a trusted friend or family member and begin to plan a course of action for addressing mental health challenges.

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Catching mental health conditions early is known as Early Identification and Intervention. However, many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential.

One way to see if you may be experiencing symptoms of a mental health condition is to take a screening. For more information or to conduct a phone-in mental health screening call us at 866-202-HELP (4357). You may also visit [www.mhascreening.org](http://www.mhascreening.org) for an online screening.

Click [here](#) to download the graphic below for more information about catching mental health issues in their early stages so that they may be addressed as quickly as possible.