

Choices Psychotherapy Celebrates Mental Health Month

St. Louis Park, MN (May 2, 2017) – This May is Mental Health Month. Choices Psychotherapy (Choices) celebrates mental health month by highlighting the importance that mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. Yet, people experience symptoms of mental illnesses differently—and some engage in potentially dangerous or risky behaviors to avoid or cover up symptoms of a potential mental health problem.

That is why this year’s theme for May is Mental Health Month—Risky Business—is a call to educate ourselves and others about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems themselves. Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or extreme exercise patterns can all be behaviors that can disrupt someone’s mental health and potentially lead them down a path towards crisis.

May is Mental Health Month was started 68 years ago by Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone.

“It is important to understand early symptoms of mental illness and know when certain behaviors are potentially signs of something more,” said Susan Davis, LICSW, owner and executive director of Choices Psychotherapy. “We need to speak up early and educate people about risky behavior and its connection to mental illness—and do so in a compassionate, judgment-free way.”

ABOUT CHOICES PSYCHOTHERAPY

Choices Psychotherapy helps individuals and families rediscover the joys of a healthy mind and healthy body. For more information about Choices Psychotherapy, visit www.choicespsychotherapy.net or call 952-544-6806.

For more information on May is Mental Health Month, visit Mental Health America’s website at www.mentalhealthamerica.net/may.

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