



**MAY 1 - MAY 31**

CONTENT CREATION

# MENTAL HEALTH AWARENESS MONTH



# SHOW PAGE(S)

Supporting both Mental Health and Celebrating Nurses



- All stations will have both initiatives
  - Our push Mental Health
- Nurses (corporate) will go in featured
- Mental Health in first of Don't Miss

- Both are not sold.
- Attempt in getting Mental Health sold.
- We will continue with or without sponsor.



## REQUIREMENTS

NEW TERMS FOR CREATION

**10-15**  
**OF NEW PIECES OF**  
**CONTENT**

## SYNDICATION

- The minimum of 10 pieces will go on all sites.
- Personal stories will live on talent's specific station.

# Mental Health in Nevada



1 in 5 U.S. adults experience mental illness each year.



474,000 adults in Nevada

have a mental health condition.

That's more than 8X the population of Carson City.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that COVID-19 has had a negative impact on their mental health.

In February 2021, reported symptoms of 25.1% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Nevada, 109,000 have a adults serious mental illness.



1 in 6 U.S. youth aged 6–17 experience a mental health disorder.

33,000 Nevadans age 12–17 have depression.

Nevadans struggle to get the help they need.



More than half of people with a mental health condition in the U.S. did not receive any treatment in the last year.

Of the 164,000 adults in Nevada who did not receive needed mental health care, 51% did not because of cost.

11.5% of people in the state are uninsured.



Nevadans are over 4x more likely to be forced out-of-network for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

2,445,591 people in Nevada live in a community that does not have enough mental health professionals.



# WHO IS WRITING WHAT?

- FREE MENTAL HEALTH RESOURCES IN LAS VEGAS - SLONE
  - OUT OF THE BOX WAYS TO DESTRESS - SLONE
  - FUN & HEALTHY WAYS TO HANDLE ANGER - JORDAN
  - STIGMAS AROUND MEDICATION FOR MENTAL HEALTH CONDITIONS - SAMMI
  - LISTICLE ABOUT WHAT TO DO IN LAS VEGAS FOR "ME TIME" - CARLA
  - THE SUBTLE WAYS THERAPY WORKS - CARLA
  - MENTAL HEALTH BENEFITS OF OWNING A PET - CARLOTA
  - "CRYING COMEDIAN" LAUGHTER + MENTAL HEALTH - CARLOTA
  - PERSONAL STORY ABOUT GRIEF - CARLOTA
  - 7 STRESS-REDUCING LIFESTYLE CHANGES YOU SHOULD MAKE - WENDY
  - DEBUNKING MYTHS ABOUT PTSD - WENDY
  - THE IMPORTANCE OF LEARNING YOUR ATTACHMENT STYLE - WENDY
  - TIPS FOR NAVIGATING LIFE AS AN AUTISTIC ADULT - RYAN
  - SURVIVING GRIEF AFTER LOSING BOTH PARENTS - RYAN
  - WHERE NEVADA LANDS ON NATIONAL LIST OF MENTAL HEALTH SUPPORT - LARRY
  - MENTAL HEALTH BENEFITS OF MUSIC - THUMP
  - TIPS FOR DEALING WITH A NARCISSIST - SHAWN
  - "BE A MAN" - RANSOM
  - MENTAL HEALTH PODCASTS - RANSOM
  - THERAPY THROUGH MUSIC AND SONGWRITING - RANSOM
  - GROWING UP/ "GIVE YOU SOMETHING TO CRY ABOUT" - MIKE
  - MENTAL HEALTH - LGBTQIA+ CENTER - GIANNI
  - MENTAL HEALTH AT WORK - MORTY
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# IDEAS ARE ENCOURAGED



Please add bi-line to each and every Mental Health Month post created.

For more Mental Health Awareness Month resources, tips and stories, click [HERE](#).



Many other important topics to cover. Ideas are welcomed and encouraged.



Always down to brainstorm.

