

# MAY IS MENTAL HEALTH MONTH

HIGHLAND  
DISTRICT HOSPITAL  
Pathways to Wellness

## IT'S OKAY TO NOT BE OKAY.

Are you or someone you know feeling depressed or anxious? We are here to help. Mental health is an important part of overall health, and we are strongest when we join together.

### DISCHARGED PATIENTS EXPERIENCE

↓ 57%

depression decrease

↓ 39%

anxiety decrease

### WHAT PATIENTS SAY ABOUT PATHWAYS TO WELLNESS

“Pathways to Wellness group therapy has been such a great experience. It is hard for most of us to seek help when we become overwhelmed. The staff make you feel so comfortable, and allow us to share how we are feeling.”

