

# Wear green during May for mental health awareness



**Show hope. Spark conversation. Break the stigma.**

## Key mental health facts

**Mental health continues to be a critical public health concern in the United States, affecting millions of Americans across all demographics and age groups.<sup>1</sup>**

- More than one in five U.S. adults experience mental health disorders each year.<sup>2</sup>
- Only about half of people with mental health disorders receive treatment.<sup>3</sup>
- The U.S. sees 49,316 suicide deaths per year – a rate of 14.7 per 100,000 people.<sup>4</sup>

### Why do we wear green?

Green is the international color for mental health awareness - it symbolizes hope, renewal, and support for those experiencing mental health challenges.

## How to participate:

- **Wear green during the month of May:**  
Whether it be your clothing, a ribbon, a bracelet, etc. Encourage family, coworkers, and community members to join you in support of those experiencing mental health conditions.
- **Raise awareness:**  
Use social media to share your green and encourage others to support the cause. Use hashtags like #WearGreen2026, #MentalHealthMatters, and #w.
- **Educate yourself and others**  
Use the month of May to deepen your understanding of mental health. Spend a few minutes each week learning about common conditions and ways to offer support. Share helpful facts and crisis information with your community to promote understanding and reduce stigma.



If you or someone you know is struggling or in crisis, confidential, free, 24/7/365 help is available. Call or text **988** or chat at **988lifeline.org**.

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Sources:

1. Mental Health Statistics in the U.S. 2025 | Key Facts – The Global Statistics
2. CDC Mental Health Data Channel
3. National Institute of Mental Health – Statistics
4. CDC FastStats – Mental Health

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