



Mental Health

2025

CALENDAR

Mental Wellness Month

How to Take Care of Your Mental Health



Exercise Daily just 30 minutes a day, even in short bursts, can boost your mood and improve your health.

Eating balanced healthy meals and drinking plenty of water can improve your energy and focus throughout the day.



Make sleep a priority by reducing blue light on your screens, sticking to a schedule and getting enough sleep.

Schedule a time for relaxing activities you enjoy like reading, meditation, journaling, listening to music, or being in nature.



Set a few goals for the day, week, month or year and reflect on what you have accomplished.

Reflect daily on all you have to **be grateful** for and write it down.



Think positively and correct the negative self talk.

Schedule time with friends and family to maintain a strong support system.



Need Help

Suicide & Crisis Lifeline: 988 or chat 988lifeline.org
Veterans Crisis Hotline: 988 & press 1 or text 838255
SAMHSA'S National Helpline: 1-800-662-HELP (4357)
Maine Crisis Hotline: 1-888-568-1112
Crisis Text Line: text HOME to 741741
Trevor Lifeline: 1-866-488-7386 or text START to 678-678

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**1 in 6 US youth
(aged 6-17)
experience a mental
health disorder each
year**

**1 in 10 US young
adults
(aged 18-25)
experienced a
serious mental
illness**

**More than 1 in 5 US
adults live with a
mental illness**

**About 1 in 20 adults
in the US lives with
a serious mental
illness, such as
schizophrenia,
bipolar disorder or
major depression**

<https://www.nami.org/mhstats>

What should you do?

**Talk to someone
you trust**

**Schedule an
appointment with
your health care
provider**

**Make an
appointment with a
counselor**

**Find a peer support
group with similar
mental health
problems**

Sweetser 1-800-434-3000

A network of mental health providers in Maine

Call **211**

Free confidential information and referral service to services in Maine

Maine Intentional Warm Line 1-866-488-7386

Not in a crisis but need someone to talk to

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FEBRUARY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Random Acts of Kindness Day	18	19	20	21	22
23	24	25	26	27	28	

What Can We Do?

Teen Mental Health

In the United States in 2021...

42% of students in high school felt persistently sad or hopeless

29% of students experienced poor mental health

22% of students seriously considered suicide and 10% attempted suicide

Adolescents who feel connected with adults in their family, school, or community are less likely to suffer from poor mental health.

Discuss social media usage.
Talk to your teen about their social media usage, the apps they visit, and how often they are on the apps, which may impact their mental health.

Talk openly about mental health.
Talk about your mental health challenges.
Emphasize there is no shame in asking for help

Teach healthy boundaries.
Teenagers may find it helpful to learn how to set limits with social media usage, completing homework, or socializing. Setting healthy boundaries is something your teenager will need for the rest of their lives.

The best way to destigmatize mental health is discussion.

Encourage physical self-care.
Talk to your teenager about healthy habits such as sleep, nutrition, and exercise how these positively affect mental health

Foster mental and emotional care.
Share how journaling, being creative, or finding a new hobby can increase joy.

Need Help

Boy's Town National Hotline 1-800-448-3000

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MARCH 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

							1 Self-injury Awareness Day
2 World Teen Mental Awareness Day	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30 World Bipolar Day	31						

Stress Awareness Month

Healthy Ways to Cope With Stress

1. Take slow deep breaths
2. Count to 10 slowly before you speak or react
3. Pray
4. Try meditation
5. Take a walk to give you time to think about your response
6. Try yoga or stretches
7. Use positive self-talk
8. Find something to laugh about
9. Connect with community or faith-based organizations
10. Listen to upbeat music to distract you or get you moving
11. Call or visit a friend or family member
12. Get outside and exercise in the sun
13. Make time for hobbies or other activities you enjoy
14. Spend time with your pet
15. Sleep on it, if it isn't urgent, and address the issue in the morning (this works well for social media)
16. Avoid alcohol and drugs, they will only increase your problems
17. Take care of yourself -- eat healthy and get enough of sleep

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APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	World Health Day					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Volunteer Week						
27	28	29	30			

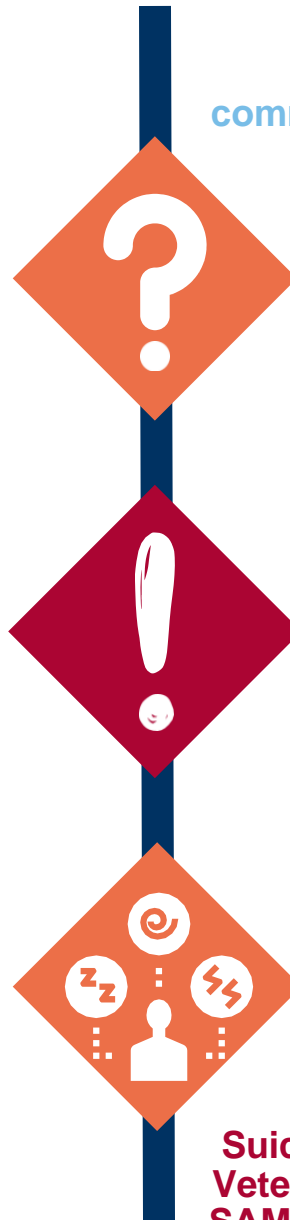
National Mental Health Awareness Month

Signs of a Mental Health Disorder

- Noticeable changes in mood, energy level, appetite, or sleep patterns
- Feel confused, forgetful, edgy, angry, upset, worried, irritable, or scared
- Feelings of hopelessness or sadness for more than two weeks
- Ongoing headaches, random pains, or digestive issues
- Increased worry or feeling stressed
- Misuse or excessive use of alcohol or drugs
- Don't want to do things you usually enjoy
- Thoughts of suicide or death
- Thoughts of hurting yourself or others
- Engaging in high-risk activities
- Seeing or hearing things other people don't see or hear
- Thoughts or behaviors that interfere with school, work, social life or family

Maine Intentional Warm Line 1-866-771-9276

Not in a crisis but need someone to talk to



Conversation Starters to Talk about Mental Health

When talking about mental health problems communicate in a straightforward manner and actively listen to the person's responses.

"I am worried about you. I see you are struggling. Is there anything I can do to help?"

"Can you tell me how you are feeling? I care about you and I am here to listen if you want to talk."

"Would you like help finding more information about mental health problems?"

"What can I help you with?"

"Have you had similar issues or feelings like this before? Who or what helped you get through it?"

"Do you know someone who has experienced this same mental health problem that you can talk with?"

"I'm worried about your safety. Have you thought about harming yourself or others?"

"Do you want me to help you find someone to talk to about your feelings or problem?"

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MAY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
4	5	6	7	8 National Children's Mental Health Awareness Day	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 World Meditation Day	29	30	31

Tips for Living Well with a Mental Health Condition



Keep your medical team informed of your treatments and health



Follow your treatment plan. Don't make changes to medications without doctors guidance and attend all appointments



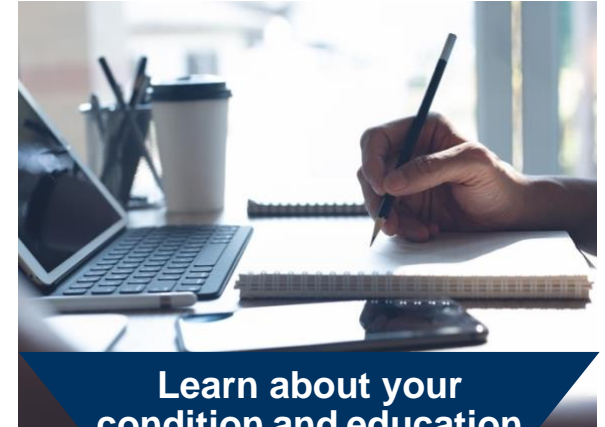
Getting enough sleep improves your overall health



Learn healthy coping skills



Practice good self-care eating healthy, exercise, sleep and engage in activities you enjoy



Learn about your condition and education your family and friends



Maintain relationships with family and friends so you have support

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JUNE 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4	5	6	7 World Caring Day
8	9	10	11	12	13	14 Global Wellness Day
15	16	17	18	19	20	21 International Yoga Day
22	23	24	25	26	27 National PTSD Awareness Day	28
29	30					

Self-Care

Learn or Try Something New

- a hobby, a skill, a monthly challenge, a language

Pamper yourself

- a home spa day, paint your nails, get a haircut, take a bubble bath, try a new lotion, light a scented candle

Go Somewhere New

- a restaurant, a park or walking path, museum, library, a public garden, a beach

Cultivate Your Creativity

- journal, draw, read, paint, garden, bake or cook a meal, repair something, photography, woodworking, refurbish furniture, join an art class

Exercise

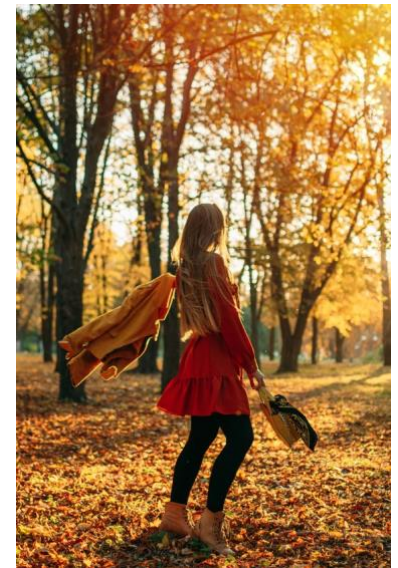
- yoga, walk outside, stretch, dance to your favorite music, run, Zumba, drumming aerobics, hike

Nourish Your Body and Mind

- Cook a healthy meal, drink plenty of water, make a salad or smoothie, listen to an inspiring podcast, read a self-help book, read inspirational quotes

Reflect

- What you like about yourself, something you are grateful for, how you are improving yourself, goals for the future



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JULY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	International Self-care Day	31	

Mental Health Disorders

- Anxiety
- Depression
- Phobias
- Schizophrenia
- Dementia
- Bipolar Affective disorder

Oral Hygiene

- No dental insurance
- Lack of self-care
- Aggressive brushing/flossing
- Difficulty with daily routines

Poor Eating Habits

- Sugary or Acidic foods/Drinks
- Carbonated Drinks
- Alcohol
- Tobacco
- Drugs

Oral Health Issues

- Gum disease
- Cavities
- Dry mouth
- Tooth loss

Well-being

- Poor self-esteem
- Speech clarity
- Difficulty eating
- Decrease in social interactions

Oral Health and Mental Health Connection



Oral Health

Oral Hygiene

- Brush your teeth before bed at night and one other time during the day
- Decrease the amount and how often you have sugary foods and drinks
- Visit the dentist regularly, as recommended
- Some medications cause dry mouth, use mouth rinses, xylitol gum, or oral moisturizers to improve saliva flow
- Aggressive brushing will remove the enamel off the surface of the teeth.

Accessing Dental Care with Mental Illness

- When making an appointment, tell the dentist office about your anxiety to allow extra time for your care
- Be honest your dentist about your mental health and medications you take
- Bring a support person to help advocate for you
- Ask the dentist to explain each procedure thoroughly before starting.
- Have a signal if you need a break

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Dental Clinics with Affordable Fees

University of New England
Oral Health Center
750 Steven's Ave
Portland, ME
207-221-4747
oralhealthcenter@une.edu

University of Maine Augusta
Dental Clinic
201 Texas Ave
Bangor, Maine
207-2262-7872
umadental@maine.edu

AUGUST 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

National Suicide Prevention Month



Warning Signs:



Talking about...

- wanting to die or wanting to kill themselves
- feeling empty or hopeless, no reason to live
- feeling trapped or that there is no solution
- being a burden
- feeling great guilt or shame
- seeking revenge or showing rage

Feeling unbearable emotional or physical pain

Withdrawing from friends and family, saying goodbye

Putting affairs in order

Taking extreme risks

Extreme mood swings

Increase in alcohol or drug consumption

Change in appetite, weight, or sleeping habits



Risk Factors:



- Depression and other mental disorders
- Chronic pain or illness
- Family history of suicide or attempts
- Personal history of suicide attempts
- Exposure to family violence - physical or sexual abuse
- Presence of firearms in the home
- Stressful life events - death of a loved one, financial trouble, legal trouble
- Interpersonal stressors - shame, harassment, bullying, discrimination
- Consumption of alcohol or drugs

Additional Risk Factors for Older Adults

- Feeling hopeless or helpless
- Feeling like life is a burden
- Living alone or isolated
- Having a new physical illness



How to Help a Friend



Be Supportive, Not Judgmental

- Ask open ended questions
 - Can you share what you have been going through?
 - How can I help you?

Take Them Seriously

- Actively Listen
- Affirm their feelings
- Follow up/Check in with them

Encourage Them to Seek Help and Offer to Help Them Find Support

- Support them while telling a trusted adult, calling their doctor or the Suicide Helpline **988**
- Help them find a therapist

Do Not Promise to Keep It a Secret

- Let them know you care about them and want to keep them safe



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SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 National Suicide	9	10	11 Prevention	12 Week	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Depression Awareness Month

Signs of Depression:

- Sadness, tearfulness, emptiness, hopelessness
- Angry outbursts, irritability, or frustration
- Loss of interest in normal activities
- Tiredness and lack of energy
- Change in appetite and weight
- Anxiety, agitation, or restlessness
- Slow thinking, speaking, or body movements
- Feelings of worthlessness, guilt, being a burden
- Trouble concentrating, thinking, making decisions and remembering things
- Thoughts of death or suicide

Signs of Depression in Young Children

- Clinginess
- Worry
- Aches and pains
- Refusal to go to school
- Being under weight

Signs of Depression in Older Adults

- Memory difficulties
- Physical aches and pains
- Fatigue or sleep problems
- Loss of appetite
- Suicidal thoughts

Signs of Depression in Teenagers

- Anger
- Poor performance at school
- Feeling misunderstood and extremely sensitive
- self-harm
- eating or sleeping too much
- using drugs or alcohol
- Avoiding social interactions

Healthy Habits

Self-care

- Manage stress, eat healthy, exercise and get 7-9 hours of sleep a night, engage in enjoyable activities

Set Goals

- Start setting small goals to increase motivation and build confidence and develop bigger goals as you feel better.

Know the Warning Signs

- Be aware of changes in your mood, behavior, thoughts or triggers that may be linked to your depression and speak with your doctor for medication adjustments.
- Track your moods, feelings, reactions to find patterns and recognize depression triggers.

Educate Family and Friends about Depression

- They may notice a change in your behavior or moods before you do and can encourage you to seek help.

Seek Support

- Attend support groups or maintain relationships with family and friends to be sure you have a strong support network during a rough spell.

Stick to your Treatment Plan

- Continue to go to counseling sessions and taking your medications even if you are feeling better.
- Talk to your doctor if you think a change is necessary and adjustments can be made together.

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OCTOBER 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1	2	3	4
5	6	7	8	9	10	11
	Mental Illness	Awareness Week				
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Getting Through the Holidays

The holidays can be a difficult time for many people, including those living with a mental illness. Mental health challenges increase during this time for various reasons, such as the loss of a loved one, financial burdens, interactions with family members, shopping for gifts, a busier schedule, or the shorter days. What can you do to help yourself?

Maintain Healthy Habits

- Eat healthy meals
- Get enough sleep
- Go to appointments
- Make time for yourself to rest and recharge
- Exercise daily
 - make it a fun activity
 - dancing to your favorite music
 - incorporate activity into your day
 - parking further from a store entrance
 - shovel your driveway
 - take a walk to look at Christmas lights

Volunteer and Support Others

- Be part of something bigger than yourself
- Help others who are less fortunate than you
- Help at a soup kitchen or with a toy drive

Manage Your Time

- Set small attainable goals
- Choose to decorate with what brings you joy
- Choose the events you want to attend and politely decline the others
- Set boundaries for your time and your family

Feel Your Feelings

- Accept what you are feeling during this time
- Recognizing your feelings can help you work through them

Have a Plan for When You Are Struggling

- Call a friend or family member to talk
- Watching a favorite movie
- Go for a walk or a drive to look at Christmas lights
- Meet a friend for coffee or a meal
- Do an activity that makes you happy

Avoid Alcohol and Drugs

- Substance use can worsen your mental health condition
- Be mindful of others with addictions and how you can be supportive

Know When to Seek Help

If you or someone you know is struggling with their mental health during the holiday season **seek help.**

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NOVEMBER 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

Seasonal Affective Disorder

Facts:

SAD is a type of depression that happens during a season with less sunlight

5% of Americans are affected by SAD

More common for people in the northern states to experience SAD

How to Help Yourself:

- Talk to your healthcare provider
- Exercise regularly
- Eat healthy meals and snacks
- Avoid alcohol and drugs
- Do things you enjoy
- Helping others can help you
- Add vitamin D to your diet
- Socialize with friends and family
- Look for signs of spring
- Notice the days getting longer
- Early morning light exposure (natural or a light box) helps people gain more energy during the winter

Symptoms:

- Increased sleeping, fatigue, low energy
- Loss of interest in enjoyable activities
- Social withdrawal
- Irritability and anxiety
- feeling hopeless, worthless, or guilty
- Decrease in ability to focus, think clearly, or concentrate
- Increase appetite, especially sweets and carbohydrates, and weight gain

Causes:

- Less sunlight and shorter days
- Increase of Melatonin in your body because you naturally make more with longer hours of darkness

Treatment:

- Full-spectrum SAD light therapy box (not UV lights)
- Exposure to sunlight or light box early in the morning
- Counseling
- Antidepressants

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DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Living Well with Dementia

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life. We encourage you to think differently about dementia. Check out the resources below for tips on living well with dementia.

Dementia Resources

General Resources:

- Dementia Adventure dementiaadventure.org
- AgingME GWEP agingme.org
- Dementia Together dementiatogether.org

Peer Support:

- Dementia Action Alliance daanow.org
- National Council of Dementia Minds dementiaminds.org



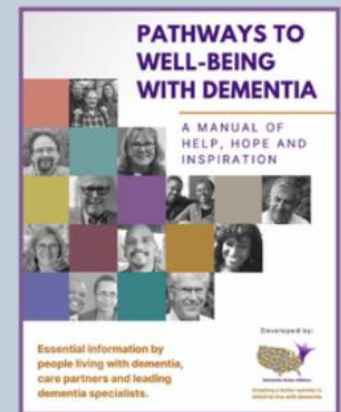
NATIONAL COUNCIL OF
DEMENTIA MINDS

Insights of Persons Living Well with Neurocognitive Disorders

PATHWAYS TO WELL-BEING WITH DEMENTIA: A MANUAL OF HELP, HOPE AND INSPIRATION

A must-have book for anyone touched by dementia of practical information written by people living with dementia, care partners and leading dementia specialists.

This new publication is free to download. Scan this QR Code or go to



<https://daanow.org/pathways-to-well-being-with-dementia>

Resources:

January	https://www.samhsa.gov/mental-health https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health
February	https://www.samhsa.gov/mental-health/how-to-talk/people-with-mental-health-problems https://www.nami.org/mhstats
March	https://www.mentalhealthfirstaid.org/2023/08/five-ways-to-support-your-teens-mental-health/
April	https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html https://www.webmd.com/balance/stress-management/stress-management https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress
May	https://www.samhsa.gov/mental-health/how-to-talk https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health#part_2487
June	https://www.samhsa.gov
July	Pinterest search: self-care
August	https://www.psychiatry.org/news-room/apa-blogs/how-dental-health-and-mental-health-are-connected# https://www.etwalldentalpractice.co.uk/the-connection-between-oral-health-mental-health/ https://www.dentalhealth.org/mental-illness-and-oral-health

Resources Continued:

- September** <https://jedfoundation.org/resource/how-to-help-a-friend-who-is-suicidal/>
<https://www.nimh.nih.gov/health/publications/suicide-faq>
<https://www.healthinaging.org/tools-and-tips/ask-expert-depression>
- October** <https://www.samhsa.gov/mental-health/depression>
<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>
- November** <https://namica.org/blog/handling-stress-during-the-holiday-season/>
<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>
- December** <https://www.hopkinsmedicine.org/health/conditions-and-diseases/seasonal-affective-disorder>

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,266,297. The contents are those of the author(s) and do not necessarily represent the official views of, or endorsement, by HRSA, HHS or the U.S. Government.

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