



## -MAY- MENTAL HEALTH AWARENESS MONTH

HELP RAISE AWARENESS BY WEARING GREEN!



### Mental Health Awareness Month

According to the National Alliance on Mental Illness (NAMI), nearly 1 out of every 5 United States adults experiences a mental health issue each year and approximately 1 in 5 youth aged 13–18 experiences a severe mental health disorder at some point during their lifetime. Mental health month was first initiated in the United States in 1949 by the Mental Health American organization. Every year on the month of May, campaigns and events are created to bring awareness and solutions to those who face the reality of mental health issues. The goal of mental health month is to spread respect and compassion towards everyone we encounter, in order to facilitate a safe environment for those who suffer from mental health issues to share and seek help.

**PEC Talk:** *“Respect for ourselves guides our morals; respect for others guides our manners” – Laurence Sterne*

### May is National Pet Month

Most households in the United States have at least one pet. Studies have shown that the bond between people and their pets is extremely powerful. The positive correlation between pets and mental health is undeniable. According to statistics, 95 percent of pet owners think of their animal as a member of the family. And that’s true no matter how old we are. Children, adolescents, adults, and seniors all find joy in their pets. Therefore, pets and mental health go hand in hand. Animals help with depression, anxiety, and stress. In addition, they increase fitness, provide companionship, ease loneliness, and bring us unconditional love. If you decide to have a pet, or another one, please consider adoption, and especially adoption of greyhound dogs. The win of banning dog racing in Florida increased the availability of greyhound dogs for adoption. You can give them a home or even volunteer in one of the shelters.

**Adopt a pet, make a difference, be happy!**

**SunSentinel 5/17/2019: Marjory Stoneman Douglas** therapy dogs recognized in high school yearbook. Read more, link at the bottom of newsletter.

### PEC Pets Gallery – Friday, May 31st

If you have a pet in your life, currently or in the past, owned by you, friend or family member, please share it with us. Send a picture to the Corporate Culture Committee mailbox answering the questions below. We will share it with all the teams on Friday May 31st in the PEC Café.

**Pet Name? Pet Age? Pet Type? Why is it, or was it, so special to you? Any story about it you would like to share?**



### ABOUT PREMIER EYE CARE

Premier’s People, Planet, Profit triple bottom line means we are dedicated to helping the community. Contributions to 501(c)(3) charities since 2012 have topped \$600,000 and include diverse groups like the American Heart Assoc., the Drug Abuse Treatment Assoc., the Girl Scouts, Kenya Rescue, Tampa Crisis Center, Preserve Vision Florida, and more. Stay tuned for company-wide opportunities.



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