

May is Mental Health Awareness Month: Everything You Need to Know

Over the past few years, the world has preoccupied itself with physical health. While that's no wonder considering the pandemic, a new shift is here. Now, it's time for us to all collectively focus on our mental health.

Since May is Mental Health Awareness Month, it's a great time to get started. This month, make an effort to improve upon your existing mental health education. Get informed about common issues, and learn more about improving mental health, too.

If you don't struggle yourself, then you can still use your knowledge to help someone else. Read on to get informed and learn more about how you can help celebrate this month by helping someone you love!

Common Mental Health Issues

One of the best ways to take advantage of mental health awareness month is to educate yourself. Mental health issues might seem like something on the fringe, but they're not. In fact, the pandemic increased anxiety and depression diagnoses by 25% worldwide. That means that many of us know someone who is struggling, even if we're not aware of it.

Here are some of the most common mental health issues to be aware of:

- Anxiety
- Depression
- PTSD

- ADHD (attention deficit hyperactivity disorder)
- OCD (obsessive-compulsive disorder)
- Bipolar disorder

If you're currently in a crisis or you know someone who may be, **Call 988**. This suicide & crisis lifeline can help.

Improving Mental Health One Step at a Time

Finding help when you're struggling mentally is paramount. Without help, mental health issues can lead to a host of other problems. For instance, if you have untreated anxiety, then you might try to self-soothe with drugs. Over time, this can turn into an addiction and even a substance use disorder. Improving mental health starts one step at a time. Do something that makes you feel good. Then, do something else! Don't stop investing in yourself.

Celebrating Mental Health Awareness Month

Celebrating this month should start with your education. Then, you'll want to use that information to your advantage to improve your own mental health. Don't stop there, though! Keep going by helping others, too. Equipped with what you know, you can help others who are suffering. Simply saying something kind to someone else can do wonders. Do something nice, and you'll improve not only your own mental health but someone else's, too!

Take Advantage of Mental Health Awareness Month

This May, we're asking all our readers to take advantage of mental health awareness month. You can expand your foundation of knowledge and improve your own mental health. By doing so, you'll be making the world a better place. You'll also be

helping those around you, too. If you know someone who is struggling, then do your best to be understanding.

Are you interested in celebrating this month by supporting mental health programs?

Consider [making a donation](#) to Compass Health Network today! You'll be helping to serve communities throughout Missouri.

Everything You Need to Look for When Selecting a Primary Care Doctor

Did you know that the United States has the lowest life expectancy among other wealthy nations? On average, Americans are dying at 76 years old. In comparable countries, people are living to at least 82 years old.

One reason is that many Americans are forgoing primary care. A recent report concluded that roughly 100 million Americans do not see a primary care doctor.

You can stay on top of your health by visiting a primary care physician (PCP). Read on to learn about selecting a primary care doctor. Explore tips on how to get the best primary care experience and review options for doctors.

Search Online

You can start your search for a PCP on the internet. Both social media and internet search engines are powerful tools for finding doctors.

Here, you can locate board-certified primary care doctors that offer services near you. In Missouri, for example, you will find health providers like Compass Health Network.

Once you locate a PCP, make sure that they are considered in-network for your health insurance. Reading online patient reviews is also an important step in the process.

You want to select a doctor that is reputable and receives largely positive feedback from the community. While not every client is going to be satisfied, you want to make sure that most are happy.

Verify Credentials

It is wise to verify your health provider's credentials. You can often do this by reviewing the doctor's or health network's website.

The typical physician website has an "About Us" landing page. Select this and learn more about the doctors at the practice.

You can explore where the doctor attended medical school and how long they have been in practice. For larger medical networks, you can research multiple doctors and select one that is most compatible with your preferences.

Compare Costs

Comparing treatment costs is another important step in the process. There are a number of variables that affect the patient's financial responsibility.

The patient's health insurance is the primary determiner of cost. Some patients have employer-based insurance, while others use government programs like Medicaid or Medicare.

The best medical providers try to reduce barriers to access. There are still many Americans without health insurance that

require care.

For example, Compass Health Network has a sliding fee discount program. They offer this to patients that meet specific requirements for income and family size. Before making an appointment, ask the office about treatment costs based on your situation.

Your Guide to Selecting a Primary Care Doctor

You are now ready to search for and pick a PCP. The doctor that you select should have certain attributes that make them stand out. These characteristics include a positive reputation and sound medical credentials.

Also, it is important that your doctor works within your budget and family's needs. If you are in the process of selecting a primary care doctor, contact us today to get started at Compass Health Network.

Fun Ways to Get Your Kids to Brush and Floss Their Teeth

Tooth decay is far too prevalent in American children. Did you know that roughly 42% of kids aged 2 to 11 have tooth decay on their primary teeth? This is going to result in cavities and other major dental issues as they get older.

The good news is that regular brushing and flossing can help promote oral health. The bad news is that children are not always eager to take care of their teeth.

Read on to learn fun ways to get your children to brush and floss. Explore effective strategies to promote oral health that will make your next dental visit go smoothly.

Rewards Charts

Incentivizing children to do the right thing is a tried-and-true strategy. One way to do this is by hanging a rewards chart in the bathroom.

Here, they track every time they brush or floss their teeth. Pediatric dentists recommend that children brush and floss twice per day. This means there are four slots on the chart for each day of the week.

Once your child finishes their task, apply a sticker to visualize the progress they are making. Next, set a target with a reward associated with it. When your child accumulates 100 stickers, for example, they can buy a toy at the store or plan a fun play date.

A points system works in a similar fashion. In this system, they earn points for every positive oral health task completed. Like the rewards chart, the goal is to earn enough points to receive a prize.

Playing Music

For many children, it is a chore to floss or brush their teeth. You can make it fun by adding some dancing and music to the bathroom.

Plug in your speaker or play a song on your phone. Then, start to dance and have a great time.

It is also effective to have your child brush their teeth for the duration of the song. Many children do not brush long enough, and most songs are long enough to ensure they do a good job.

Join In on the Fun

Many children are left unsupervised when brushing their teeth. This leads to a poor job brushing or failing to do it all together.

One of the best things to do is brush and floss with your child. You need to do it anyway, so why not bond with your child at the same time?

For starters, you are setting a good example by joining in. It is also going to be more fun for your child if they have a partner to dance and laugh with.

Fun Ways to Help Your Child Brush and Floss Their Teeth

You now have a few different ways to encourage brushing and flossing. There are many tricks out there and creativity is key. The more you make it fun, the less resistance you will face.

Incentivizing good behavior and adding music to your child's routine are proven tactics. If you want to learn more tips about getting your child to brush and floss, contact us today to speak with a dental professional.