



# Mental Health Awareness

## Understanding Mental Health Diagnoses

A mental health diagnosis is a tool qualified health professionals use to understand and describe patterns of symptoms someone may be experiencing. The goal is not to label a person—it is to help guide the most effective support, care, and treatment.

What a Diagnosis Is	What a Diagnosis Is Not
<p>A mental health diagnosis is a clinical assessment made by a licensed provider. It is based on conversations about symptoms, personal experiences, and how those symptoms affect daily life. <b>A diagnosis can help:</b></p> <ul style="list-style-type: none"> <li>• Provide clarity for what someone is experiencing</li> <li>• Validate their struggles are real and recognized</li> <li>• Guide treatment options and coping strategies</li> <li>• Connect individuals with the right support</li> </ul>	<p>A diagnosis <b>does not</b> define who a person is or determine what they are capable of. It is simply one tool used to support mental health.</p> <p>A diagnosis <b>is not:</b></p> <ul style="list-style-type: none"> <li>• A label that determines someone's identity</li> <li>• A sign of weakness or failure</li> <li>• Something that limits a person's abilities or future</li> </ul>

For many people, having a diagnosis helps them better understand their experiences and take meaningful steps toward improved well-being.

Just as with physical health concerns, mental health symptoms are often easier to address when support is sought early. Early attention can prevent symptoms from becoming more serious, strengthen coping skills and personal resilience, and provide practical tools for managing stress and emotional challenges. Taking that first step toward support can make a meaningful difference in your overall health and quality of life.

**If you're noticing changes in your mood, stress levels, or daily functioning—or if you simply feel you could use someone to talk to—reach out to the EAP.**