

By Kathleen M. Pike, PhD
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Five *on*
Friday

Musings on Mental Health

Happy 1st Anniversary Five on Friday!

Anyone who knows me, knows I love marking milestones like birthdays and anniversaries. So today, I am happy to celebrate with you the first anniversary of Five on Friday. A year ago I launched this blog with the aim of connecting, communicating, and breaking the silence around mental illness. Each week, I hear from some of you in response to these bite-sized and personal musings on mental health. Each week, the number of subscribers grows. Each week, we are moving in the direction of more understanding and less stigma. Thank you for joining me on this journey.



[Photo Credit](#)

Here are all the postings from Year 1. Maybe you have a favorite you want to read again. Maybe you missed one that you can read now. Maybe you know someone who is struggling with a mental health concern. Maybe you could find one posting to send to someone you know and invite them to subscribe. Invite them to join us in changing the way we think about and talk about mental health and mental illness.

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