

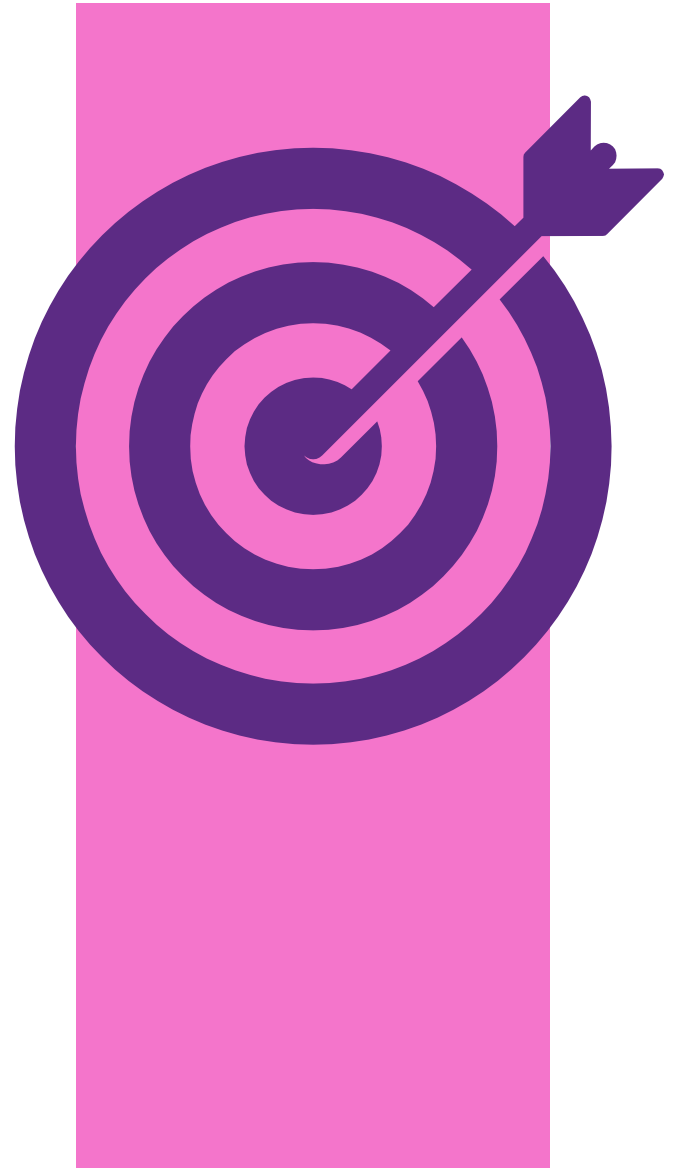


Mental Health Awareness: What You Need to Know



Objectives

- ✓ **Learn the facts** about mental health and mental illness.
- ✓ **Recognize warning signs** of mental illness including suicide and technology addiction.
- ✓ **Learn how to help** yourself or others with mental health issues including responding to emergency situations.
- ✓ **Gain resources** for promoting mental health.



What is mental health?



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What is mental illness?

Mental illness refers to a wide range of disorders that affect mood, thinking, and behavior. People with mental illness often experience distress and problems functioning at work, home, and in social situations.



Common mental illness diagnoses

Mood disorders:

» Depression

- Major Depressive Disorder
- Seasonal Affective Disorder

» Anxiety

- Generalized Anxiety Disorder
- Panic Disorder
- Post Traumatic Stress Disorder

» Bipolar

- Type 1
- Type 2

Personality disorders:

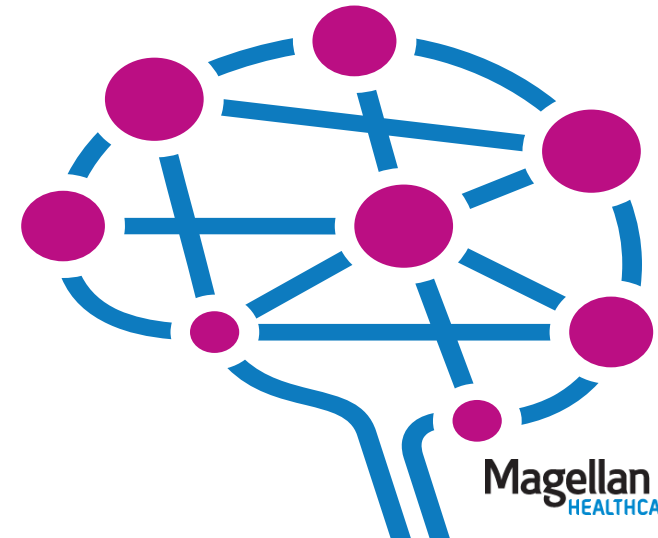
- Borderline
- Narcissistic

Executive functioning disorders:

- Attention Deficit Hyperactivity Disorder
- Autism Spectrum Disorder

Obsessive and compulsive disorders:

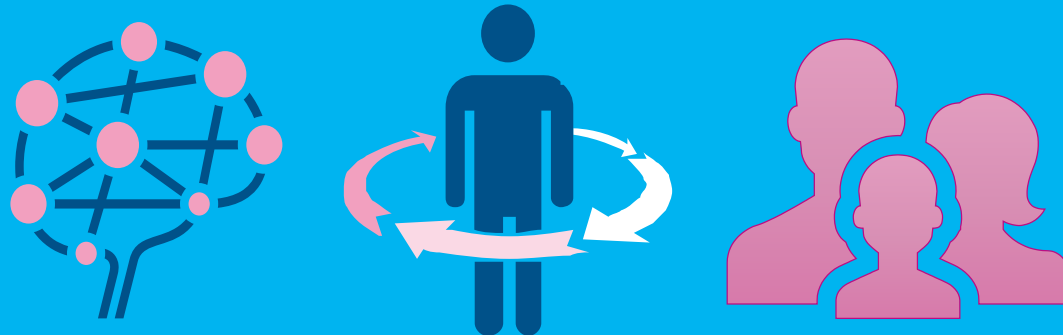
- Anorexia
- Bulimia
- Alcoholism
- Other addictions (gambling, pornography, technology, etc.)



*One in four people in the world
will be affected by mental
health issues in their life time.*



Mental illness is not caused
by a weakness in character

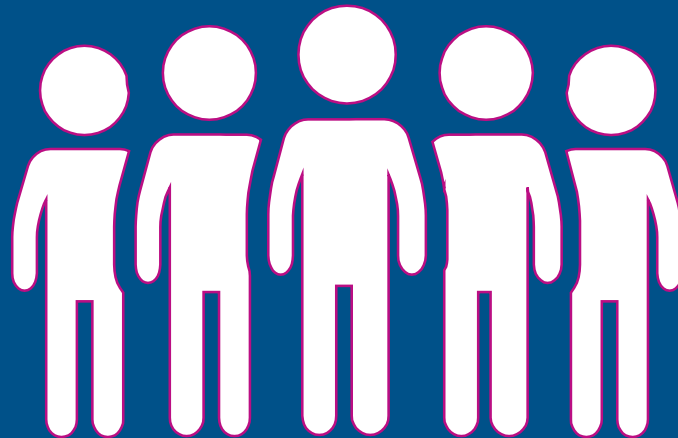




Mental illness is a medical
condition that is treatable
just like hypertension or
diabetes.



Studies show most people with
mental illness get better, and
many recover completely!



Warning signs of a potential mental health issue

- **Withdrawing from people and activities**
- **Low energy and fatigue**
- **Numbness, sadness, and hopeless feelings**
- **Unusually confused, angry, upset, agitated, worried, or scared**
- **Uncontrollable, disturbing thoughts, or compulsions**
- **Sleep changes**
- **Appetite and/or weight changes**
- **Trouble performing everyday tasks**
- **Severe mood swings**
- **Hearing voices**
- **Thoughts of harming self or others**



Warning signs of technology addiction



- Excessive time alone spent on device (computer, smart phone)
- Defensive when confronted about technology usage
- Appears socially isolated, moody, irritable
- Seems to have a 'second life' with people met online
- Incessantly talks about/draws meaning about time spent online
- Decline in work, home and/or school performance

Warning signs of suicide

- **Feeling as if 'nothing matters'**
- **Giving away possessions**
- **Sudden cheerfulness following depression**
- **Owning/buying a gun**
- **Thinking about doing it**



Why get help?

- » **Mental health problems are linked** with serious medical conditions (heart disease, diabetes, obesity, cancer).
- » **People with untreated serious mental illness** may die 25 years earlier than people without mental illness.
- » **Suicide is the 10th leading cause of death** in the U.S. Of those who die by suicide, 90% have a diagnosable mental illness.
- » **More than 80% of depressed people** can be treated quickly and effectively.



Ways you can help others

- » The *power* of **listening**
- » The *power* of increasing **hope**
- » The *power* of **normalizing**



Getting help

» Primary care doctors



» Employee Assistance Program (EAP)

- 24/7
- Confidential
- Trained and licensed consultants
- Telephone
- Online
- Prevention



» National Institute of Mental Health

www.nimh.nih.gov/health/find-help

» NAMI (National Alliance on Mental Illness)

www.nami.org

» SAMHSA (Substance Abuse and Mental Health Services Administration)

<https://findtreatment.samhsa.gov>



In emergency situations . . .

» **Maintain** a calm composure



» **Call** the National Suicide Prevention Lifeline:
1-800-273-8255



» **Call** 911 or 9911*

*Remember, you may need to dial 9 first!



» **Notify** management and security



Self care and resiliency

- 
- Manage your stress daily
 - Exercise
 - Sleep
 - Eat well
 - Laugh
 - Foster gratefulness

Contact information

Allison Grace, MSW, LCSW

Awaken Grace Therapy, LLC

www.alligrace.com



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Thank you!

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