

MENTAL HEALTH AND WELLNESS

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills
- Participating in your treatment
- Developing a recovery plan



MENTAL HEALTH BY THE NUMBERS

- ★ 43 million **adults** or 1 in 5 in the U.S. have a mental health condition.
- ★ 18% (42 million) of American **adults** live with anxiety disorder.
- ★ Approximately 10.2 million **adults** have co-occurring mental health and substance use disorders.
- ★ 60% of **adults** with a mental illness did not receive mental health services.
- ★ 1 in 5 **children** ages 13-18 live with a mental health condition.
- ★ The average delay between onset of symptoms and **intervention** is 8-10 years.
- ★ 90% of those who dies by **suicide** had an underlying mental illness.

IN CASE OF CRISIS

If you or someone you know is in crisis now, **SEEK HELP IMMEDIATELY.**

- ★ Dial **911** for immediate assistance.
- ★ Call **1-800-273-TALK (8255) National Suicide Prevention Lifeline**. Trained crisis workers are available to talk 24 hours a day, 7 days a week.
- ★ Online Crisis Chat—www.imalive.org
- ★ Crisis Clinic of Thurston & Mason Counties **360-586-2800**.

ADDITIONAL INFORMATION

For local information about support groups and educational programs, please contact:

NAMI (National Alliance on Mental Illness)
Thurston/Mason
360-493-6021
www.NAMITM.org
Email: info@namitm.org

For other questions or information, please contact:
Tina Gehrig at tina.gehrig@tmbho.org or
360-763-5808.

Information provided from the following websites:

1. National Institute of Mental Health—www.nimh.nih.gov
2. Mental Health—www.mentalhealth.gov
3. Mend the Mind—www.mendthemind.ca
4. Stamp Out Stigma—www.stampoutstigma.com
5. Time to Change—www.time-to-change.org.uk/

Thurston-Mason Behavioral Health Organization
612 Woodland Square Loop SE Suite 401
Lacey, WA 98503
360-763-5828
www.tmbho.org
Compliance Hotline: 800-867-7130
TTY: 7-1-1 or 1-800-833-6388

proud to support
time to change
let's end mental health discrimination

time to change
champion
helping to end mental health discrimination



THURSTON-MASON
Behavioral Health Organization

WHAT IS A MENTAL ILLNESS?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines.

There are more than 200 classified forms of mental illness. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Not sure if you or someone you know is possibly living with mental illness? Experiencing one or more of the following feelings or behaviors can be early warning signs:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

If you think you or someone you know may have mental or emotional symptoms, it is important to remember there is hope, help, and recovery is possible.

WHY DOES STIGMA SURROUND MENTAL ILLNESS?

Stigma surrounds mental illness because:

- Mental illnesses are invisible
- Mental illnesses often manifest themselves through behavior
- People fear what they don't understand. It is only recently that we know that mental illness is a biological illness, just like diabetes, cancer, heart disease, etc.
- Many people think that young people are just acting out and will eventually "grow out of" it
- Stigmatizing language - psycho, schizo, retard, junkie, nuts, mad, loony, mental - is still prevalent in our vocabulary and serves to reinforce the stereotypes



Mental illness stigma can happen anywhere:

- With **friends and family** who might not understand what the person is going through and may be reluctant to tell others about their diagnosis
- At **school** where peers can be very cruel and bully someone simply because they are seen as different
- In the **media** where mental illness is often sensationalized and people with mental illnesses are portrayed as violent, amusing or even pathetic
- In the **workplace** where an individual could be

We must first recognize the high prevalence of mental illness and substance use disorders; then reeducate ourselves, friends and family on the truths of mental illness and addiction. When we do this, we can reduce the stigma.

7 IMPORTANT THINGS WE CAN DO TO REDUCE STIGMA

- 1. Know the facts.**
Educate yourself about mental health problems.
- 2. Be aware of your attitudes and behavior.**
See the person beyond their mental illness; they have many other personal attributes that do not disappear just because they also have a mental illness.
- 3. Choose your words carefully.**
The way we speak can affect the way other people think and speak. Don't use hurtful or derogatory language.
- 4. Educate others.**
Find opportunities to pass on facts and positive attitudes about people with mental health problems.
- 5. Focus on the positive**
People with mental health and substance use problems make valuable contributions to society. Their health problems are just one part of who they are. Let's recognize and applaud the positive ones.
- 6. Support people**
Treat people who have a mental health problems with dignity and respect. If you have family members, friends or co-workers with substance use or mental health problems, support their choices and encourage their efforts to get well.
- 7. Include everyone**
People with mental health and substance use problems have a right to take an equal part in society. Let's make sure that happens.

Get talking about mental health.

People who live with mental illness and their families often state that the stigma associated with their diagnosis was more difficult to bear than the actual illness.