

## WELLNESS & RECOVERY

### Ways to maintain positive 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 decisions
- Developing a recovery plan

## MENTAL HEALTH BY THE NUMBERS

- ★ 44 million **adults** or 1 in 5 in the U.S. have a mental health condition (2016).
- ★ Approximately 10 million adults have co-occurring mental health and addiction disorders.
- ★ 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.
- ★ 60% of **adults** with a mental illness did not receive mental health services.
- ★ 50% of adolescents had any mental health disorder of which 22% have severe impairment.
- ★ 90% of those who dies by **suicide** had an underlying mental illness.

## SUBSTANCE USE BY THE NUMBERS

- ★ In 2015, there were 692 opioid-related overdose deaths in Washington—a rate of 9.7 deaths per 100,000 persons.
- ★ Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$740 billion annually in costs related to crime, lost work productivity and health care
- ★ In 2014, approximately 20.2 million adults aged 18 or older had a past year substance use disorder. Of these adults, 16.3 million had an alcohol use disorder and 6.2 million had an illicit drug use disorder.

## IN CASE OF CRISIS

**If you or someone you know is in crisis now, SEEK HELP IMMEDIATELY. Dial 911,**

- ★ **National Suicide Prevention Lifeline**  
1-800-273-TALK (8255) —24/7
- ★ **www.imalive.org**—Online crisis chat
- ★ Crisis Clinic of Thurston & Mason Counties  
360-586-2800
- ★ National Helpline for Substance Use Treatment, 1-800-662-HELP (4357)

## 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

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. Shatterproof—www.shatterproof.org
6. NIDA—www.drugabuse.gov/



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



**SUPPORT  
RECOVERY:  
NOT STIGMA**

## WHAT IS MENTAL ILLNESS?

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.

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
- Experiencing severe mood swings
- 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

## WHY DOES STIGMA EXIST?

- Mental illnesses are invisible
- Mental illnesses often manifest themselves through behavior
- People fear what they don't understand
- 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

**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.**

## WHAT CAN I DO TO REDUCE STIGMA?

- 1. Know the facts.**  
Educate yourself about mental health and substance abuse issues.
- 2. See the person, not the condition.**  
They have many other personal attributes that do not disappear just because they also have a mental illness or substance use disorder.
- 3. Choose your words carefully.**  
Don't use hurtful or derogatory language and labels.
- 4. Educate others.**  
Find opportunities to pass on facts and positive attitudes about people with mental health and substance abuse issues.
- 5. Focus on the positive.**  
People with mental health and substance use issues make valuable contributions to society. Their health problems are just one part of who they are.
- 6. Support people.**  
Treat them with dignity and respect. Listen without judgement. Display kindness. Offer compassionate support and encourage their efforts to get well.
- 7. Include everyone.**  
People with mental health and substance use issues have a right to take an equal part in society.

## TAKE THE PLEDGE!

As a supporter to those who have a mental illness or substance use disorder, I understand the importance of recognizing the high prevalence of mental illness and substance use disorder. I also know that when recognition is coupled with reeducation and understanding, health-seeking action can be taken. These actions lead to recovery, which is possible for everyone.

The Three R's (recognize, reeducate and reduce) depend on each other to effectively Stamp Out Stigma surrounding mental illness and substance use disorders.

**This is what I, as an individual, charge myself to do—to fully Stamp Out Stigma and clear the path to health-seeking behavior. It begins with me.**

## WHAT IS SUBSTANCE USE DISORDER?

Addiction is a chronic brain disease, like diabetes or heart disease, meaning there is no cure. But addiction can be managed, and people with addiction can, and do, recover.

Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death. Warning signs of substance use may include:

- Has changed relationships with family members or friends. Spend a lot of time alone.
- Loses interest in favorite things
- Really tired and sad. Sleeps at strange hours
- Missing important appointments
- Change in eating habits (more or less)
- Bloodshot or glazed eyes; dilated pupils
- Abrupt weight changes
- Increased aggression or irritability
- Changes in attitude/personality
- Sudden changes in social network

## WHY DOES STIGMA EXIST?

- Substance use disorder is the #1 most socially-disapproved-of medical condition that exists.
- Substance use disorder is perceived as bad, reckless, irresponsible.
- Family and friends shun those affected by substance use disorder rather than encourage. They refer to them as "junkie," "alcoholic," or "crackhead"
- Persons damage their chances of recovery by internalizing stigma.