Get Healthy ♡ *Stay Healthy*

MENTAL HEALTH MATTERS

Mental health is our emotional, psychological, and social well-being – it affects how we think, feel, and act. Mental illnesses are conditions that affect our mental health. While there is no single cause for mental illness, many factors contribute to poor mental health; early life trauma, medical conditions, biological factors such as genetics or chemical imbalances, alcohol and recreational drug use, and loneliness. These conditions can be occasional or chronic but are treatable.[1]

OF AMERICANS WHO EXPERIENCE A MENTAL ILLNESS ...[1]

More than 50%
will be diagnosed at some point in their life

20%
will experience one in a given year

20%
are children who currently, or at some point during their lives, will have experienced a serious one

4%
live with a serious one, such as, schizophrenia, bipolar disorder, or major depression

OF AMERICANS WHO GET TREATMENT IN A GIVEN YEAR ...[2]

66%
are adults with a serious mental illness, such as, schizophrenia, bipolar disorder, or major depression

51%
are youth, ages 6-17, with a mental health condition

45%
are adults with a mental illness

Warning Signs [2]

- Feeling sad or withdrawn for more than two weeks
- Trying to harm or end one's life or making plans to
- Severe, out of control, risk taking behavior that causes harm to self or others
- Sudden overwhelming fear for no reason
- Significant weight loss or gain
- Seeing, hearing, or believing things that aren't "real"
- Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities

Mental Health is Important [3]

It can help you:

- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

Your mental health can also affect your physical health; mental disorders may raise your risk for problems such as stroke, type 2 diabetes, and heart disease.

Over time, your mental health will change in response to different situations in life that provoke stress.

Talk therapy and/or medicines can help treat mental illnesses/disorders.

Improve Your Mental Health [4]

- Make time for yourself and your hobbies, treat yourself with kindness and respect
- Eat healthy meals, avoid smoking/drugs, drink plenty of water, exercise, and get proper sleep
- Surround yourself with good people
- Volunteer your time to help someone else
- Learn to deal with your stress in a healthy way
- Relaxation exercises can improve your outlook on life
- Set realistic goals
- Break up the monotony
- Get help when you need to, seeking help is a sign of strength, not weakness

Sources:

1 *Mental Health.* https://bit.ly/3nRWwST

2 *Mental Health Conditions.* https://bit.ly/2XClWYd

3 *Mental Health.* https://bit.ly/3kswhQM

4 *Ten Things You Can Do For Your Mental Health.* https://bit.ly/39nRvcj

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