

Mental Health

Topic 8

What is Mental Health?

Mental health is an important part of your overall health and well-being.

It includes:

- Understanding your feelings
- Knowing how you think and feel about your life
- Understanding how you handle stress
- Taking care of yourself
- Exploring when and how you make healthy choices

**What can you do to maintain a
positive mental health?**

Positive Mental Health

Ways to encourage positive mental health:

- Connecting with others
- Being physically active
- Getting enough sleep
- Asking for help – **It is OK!**
- Having a positive outlook on life
- Eating healthy foods
- Meditation
- Prayer
- Watching a funny movie
- Being around loved ones
- Writing



What are some reasons you might need to ask for help?

Concerns about Mental Health

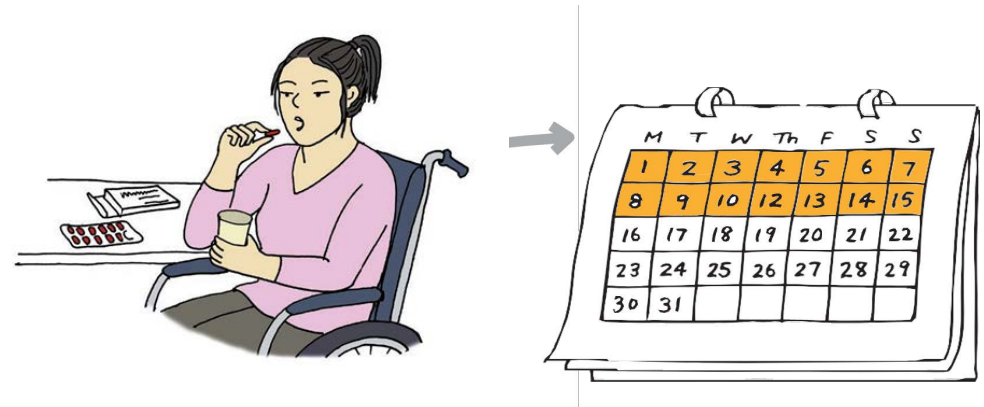
What are some reasons you might need to ask for help?

If you are feeling:

- Sad
- Confused
- Worried
- Scared
- Upset
- Angry

Or if you:

- Can't sleep
- Don't feel like eating
- Are feeling pain
- Stop showering
- Stop seeing friends

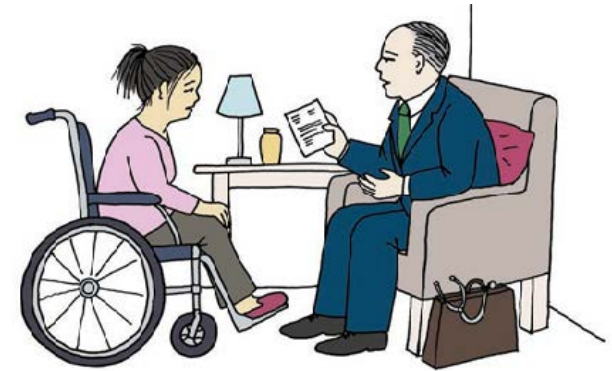


You may want to contact your doctor or someone else for help if:

- These feelings continue,
- Keep coming back, or
- Keep you from living the life you want to live.

Is It OK to Ask For and Get Help?

YES!



**If you are having a hard time with your
mental health, who can you talk to?**

What If I Need Help with My Mental Health?

Who you can talk to if you need help with your mental health:

People who know a lot about mental health and can offer treatment.

- Psychologist,
- Therapist,
- Counselor,
- Social worker, and
- other mental health care providers.



Other People Who Will Support Me

Besides a therapist or doctor, you can also find a person in your life who you trust and talk to them.

This person could be a:

- Family member
- Friend
- Advocate
- Staff person
- Case worker
- Another doctor
- Telephone crisis line worker



**Besides talking to someone, what else
can you do to feel better?**

Other things you can do to feel better



Exercising helps you feel:

- Stronger and more in control
- Less angry, more calm
- Less stressed
- Happier
- Better about yourself
- Less lonely, more a part of things

Eating Healthy helps you feel:

- Stronger and healthy
- Less stressed
- Happier
- Better about yourselves

Taking medication can help you feel better too. If you think medication might be good for you, ask your doctor. And ask questions including what the medication is for and what it will do.

Some Causes of Mental Health Problems

- Too much stress caused by finances, relationships, health, or transportation issues
- Difficult life experiences
- Not knowing how to cope with feelings
- Family history of mental health problems
- When a loved one dies or leaves
- Medical reasons
- Feeling lonely
- History of trauma



Some Examples of Mental Health Diagnosis

Post-traumatic stress disorder (PTSD)

Bi-polar disorder

Anxiety

Depression

Obsessive-compulsive disorder (OCD)

Want to learn more about a mental health diagnosis?

- Ask your doctor or mental health expert for a website on the diagnosis.
- Ask your doctor or mental health expert for more information.

What To Do in a Mental Health Emergency

One example of a mental health emergency is when my feelings are so strong that I am physically hurting myself or another person.

- This type of emergency is called a mental health crisis.
- What do I do in a mental health crisis?
 - Call the 24/7 crisis helpline at 1-800-273-8255.
 - **Call 9-1-1 for emergencies!**
- When you call them, they will offer advice, such as telling you to go to the hospital. Or an ambulance may come and take you to the hospital.

What Can be Done to End Mental Health Stigma?

A **stigma** is a set of negative and often unfair beliefs people have about someone or something.

The best way to end the stigma is to...

- Talk about mental health
- Recognize that it is normal to have difficulty with your mental health
- Know that it is always OK to seek mental health help whenever you need it

End the Stigma



What Did I Learn?

I can take charge of my mental health when I:

- Know what mental health is.
- Am aware of changes in my feelings and emotions.
- Reach out for support to get better.
- Try new things to help me get well again.
- Know that everyone can have problems and concerns with their mental health at any time.
- Know what to do in an emergency.
- Know how I can help end mental health stigma.

Created in partnership with:

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