UNDERSTANDING MENTAL HEALTH

Mental health includes emotional, psychological and social well-being.[1] It affects how we think, feel, and act.[1] It also affects how we handle stress, relate to others, and make choices.[1] A mental health disorder is a diagnosed change in thinking, mood, and/or behavior.[1] Mental health disorders are common. In fact, more than 1 in 5 U.S. adults experience mental illness each year.[2] Many factors contribute to mental health disorders, including genes and life experiences.



Sources:

1. Substance Abuse and Mental Health Services Administration. (2023, April 24). *What is mental health?* https://www.samhsa.gov/mental-health/what-is-mental-health
2. National Institute of Mental Health. (2024, September). *Mental illness.* https://www.nimh.nih.gov/health/statistics/mental-illness

UNSURE IF YOU OR SOMEONE YOU KNOW IS LIVING WITH A MENTAL HEALTH DISORDER?

Screenings can help find a mental health condition and connect you with treatment before symptoms get worse. The following feelings and behaviors, compiled by the Substance Abuse and Mental Health Services Administration (SAMHSA)[1], may be warning signs of a mental health condition. Experiencing one or more does not always mean you have a condition, but symptoms that last or interfere with daily life may be a reason to seek support.

- 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 or obsessive 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

For online screenings, visit:
https://screening.mhanational.org/screening-tools/