

All About Mental Health

Look inside for:

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For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org



Find us on Facebook and Twitter!

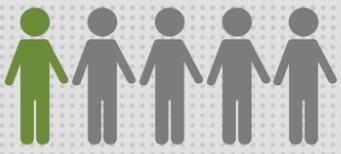


October 2019



Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

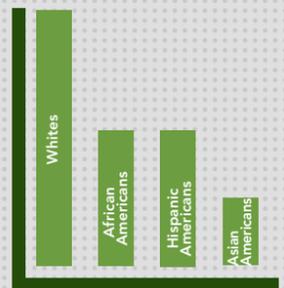
Treatment in America



Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴



Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.¹

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov
² Statistics provided by Department of Justice.
³ American Journal of Psychiatry and U.S. Surgeon General's Report, 1999.
⁴ Substance Abuse and Mental Health Services Administration



STRESS

No one likes to be stressed out – especially when we know it can be linked to poor health. Learning how to manage your stress can be a small change with a big positive impact on your physical and mental health.

EVERYONE HAS STRESS

Stress is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. You can also feel stress when you worry about things like your job, money, relationships, or a friend or family member who is struggling with illness or difficult circumstances.



In response to these strains, your body releases chemicals that cause increases in blood pressure, heart rate, breathing, availability of cell energy, and blood flow to your muscles. At the same time, it also releases chemicals to slow down less urgent bodily functions that deal with digestion, growth, sex, and aspects of the immune system.

These stress responses are intended to help your body react quickly and effectively to dangerous or high-pressure situations – known as the “fight or flight” reaction - and were especially important when our ancestors were living in the wilderness, facing exposure to predators and extreme weather conditions.



WHEN STRESS DOESN'T LET UP

When stress comes and goes relatively quickly the body can return to functioning in a normal, healthy way. When you are constantly reacting to stressful situations (chronic stress), cells in your immune system can cause inflammation that doesn't go away.¹

Chronic stress and inflammation have been linked to reduced ability to fight off viruses (from HIV to the common cold), and increased risk for heart disease, headaches, intestinal problems, sexual dysfunction, diabetes, and even cancer.²



Stress can also cause a number of other physical symptoms, including:

Acne and other skin problems



Muscle aches and tension



Nausea, stomach pain, and heartburn



Diarrhea, constipation and other digestive issues



Irregular or painful periods



Changes in appetite and weight



TEN TIPS FOR DEALING WITH STRESS

BE REALISTIC

You may be taking on more responsibility than you can or should handle for yourself or your family. If you feel overwhelmed by how many things are on your schedule, it's ok to say "No" to new activities! You may also decide to stop doing an activity that is not 100% necessary. If friends or family criticize your decisions, give reasons why you're making the changes. If you are a parent and your kids' activities are part of your stress, be willing to listen to their concerns and stay open to compromise.

NO ONE IS PERFECT

Shed the "superman/superwoman" urge. Don't expect perfection from yourself or others. Ask yourself, "What really needs to be done? How much can I do? Is the deadline realistic? What adjustments can I make?" Don't hesitate to ask for help if you need it.

MEDITATE

Just ten to twenty minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music, relax and try to think of pleasant things or nothing.

VISUALIZE

Use your imagination and picture how you can manage a stressful situation more successfully. Whether it's a business presentation or moving to a new place, many people feel visual rehearsals boost self-confidence and help them to take a more positive approach to a difficult task.

ONE THING AT A TIME

For people under tension or stress, their day-to-day workload can sometimes seem unbearable. You may feel like you have to multi-task, but that often leads to more stress. Take one task at a time. Make a list of things you need to get done and start with one task. Once you accomplish that task, choose the next one. The feeling of checking items off a list is very satisfying and can motivate you to keep going.

EXERCISE

Regular exercise is a popular way to relieve stress. It gives an outlet to energy your body makes when it is preparing for a "flight or fight" response to stress or danger. Twenty to thirty minutes of physical activity benefits both the body and the mind.

GET A HOBBY

Take a break from your worries by doing something you enjoy. Whether it's gardening, painting, doing jigsaw puzzles or playing video games, schedule time to indulge your interests. The "zoned out" feeling people get while doing these types of activities is a great way to relax.

VENT

Talking with a friend or family member lets you know that you are not the only one having a bad day, caring for a sick child or working in a busy office. Try to limit complaining and keep conversations constructive. Ask them how they have dealt with a similar situation that may be "stressing you out." Let them provide love, support and guidance. Don't try to cope alone.

BE FLEXIBLE

If you find you're meeting constant opposition in either your personal or professional life, rethink your approach. Arguing only intensifies stressful feelings. Make allowances for others' opinions and be prepared to compromise. If you are willing to be accommodating, others may meet you halfway. Not only will you reduce your stress, you may find better solutions to your problems.

GO EASY ON CRITICISM

You may expect too much of yourself and others. Try not to hold on to frustration or disappointment when another person does not measure up. The "other person" may be a coworker, spouse, or child whose behavior you are trying to change or don't agree with. Avoid criticisms about character, such as "You're so stubborn," and try providing helpful suggestions for how someone might do something differently. Also remember to be kind to yourself. Negative self-talk doesn't fix problems and will make you feel worse.

TAKE THE #4MIND4BODY CHALLENGE!

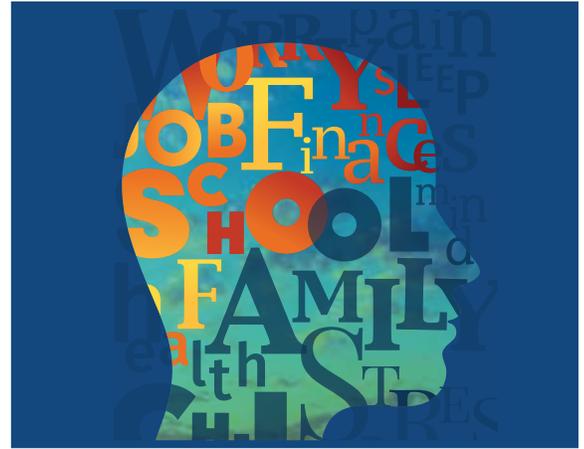
Join Mental Health America this May as we challenge ourselves each day to make small changes – both physically and mentally – to create huge gains for our overall fitness. Follow us on Facebook, Twitter or Instagram for the challenge of the day and share your successes by posting with #4mind4body.

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, we'll give you information and help you find tools and resources to feel better.

For a complete list of sources, download the complete 2018 May is Mental Health Month toolkit for end notes or visit the corresponding page on our website, www.mentalhealthamerica.net.



5 Things You Should Know About STRESS



Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.

Here are five things you should know about stress:

1 Stress affects everyone.

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

Examples of stress include:

- Routine stress related to the pressures of work, school, family, and other daily responsibilities
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness
- Traumatic stress experienced in an event like a major accident, war, assault, or a natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress often experience temporary symptoms of mental illness, but most recover naturally soon after.

2 Not all stress is bad.

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job. Stress can even be life-saving in some situations. In response to danger, your body prepares to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

3 Long-term stress can harm your health.

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.

Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.

4 There are ways to manage stress.

The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress:

- **Recognize the Signs** of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- **Talk to Your Doctor or Health Care Provider.** Get proper health care for existing or new health problems.
- **Get Regular Exercise.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- **Try a Relaxing Activity.** Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities. Learn more about these techniques on the National Center for Complementary and Integrative Health (NCCIH) website at (www.nccih.nih.gov/health/stress).
- **Set Goals and Priorities.** Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay Connected** with people who can provide emotional and other support. To reduce stress, ask for help from friends, family, and community or religious organizations.
- **Consider a Clinical Trial.** Researchers at the National Institute of Mental Health (NIMH), NCCIH, and other research facilities across the country are studying the causes and effects of psychological stress, and stress management techniques. You can learn more about studies that are recruiting by visiting www.nimh.nih.gov/joinastudy or www.clinicaltrials.gov (keyword: stress).

5 If you're overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting www.nimh.nih.gov/findhelp.

Call the National Suicide Prevention Lifeline

Anyone experiencing severe or long-term, unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the toll-free **National Suicide Prevention Lifeline** (<http://suicidepreventionlifeline.org/>) at **1-800-273-TALK (8255)**, available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

For More Information

For more information on conditions that affect mental health, resources, and research, visit www.mentalhealth.gov, or the NIMH website at www.nimh.nih.gov. In addition, the National Library of Medicine's MedlinePlus service has information on a wide variety of health topics, including conditions that affect mental health.



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Website: www.nimh.nih.gov



Keep Your Mind Grounded

Do you feel like your mind is constantly racing? It's like a train running through a million thoughts, thinking about the past, the future, or all the things that went wrong or could go wrong. As people struggling with anxiety or trauma, instead of staying grounded on the platform, we run and launch ourselves on the anxiety train and our minds go somewhere else.

When this happens it's hard to sleep, to stay focused, or be around others.

The following exercise is designed to help you calm down and retrain your body and mind to stay grounded in the moment. The exercise can be used when you catch your mind wandering or if you notice you're about to have an anxiety or panic attack.

It's pretty hard to have two different thoughts in your head at one time. The goal is to fill your brain with thoughts on the here and now – and stop allowing your brain to go to the other place. The more you practice, the faster you'll notice your body and brain responding well.

Hop off the Train

BEFORE YOU START, YOU MUST LEARN TO CATCH YOURSELF. IT'S HARD TO PRACTICE COPING SKILLS IF YOU'RE ON THE ANXIETY TRAIN. STOP YOURSELF FROM GETTING ON – OR GET OFF THE TRAIN IF YOU'RE ALREADY ON IT. SOMETIMES WE LITERALLY HAVE TO TELL OUR MINDS, "STOP IT!" AFTER YOU DO THAT, PRACTICE EITHER OF THE TWO STRATEGIES BELOW.

Stay Grounded Physically

TOUCH IS A POWERFUL FORCE FOR KEEPING YOUR MIND IN THE HERE AND NOW.

- AN OBJECT CAN HELP WITH FIDGETING AND REFOCUSING. IF YOU FIND AN OBJECT YOU LIKE, KEEP IT IN ONE HAND AND PULL IT OUT IF YOU NEED IT.
- USE YOUR SURROUNDINGS. IF YOU'RE ON A WALK, TOUCH A FENCE OR A WALL. IF YOU'RE IN THE CAR, FEEL YOUR SEAT OR THE DOOR. IF YOU'RE TRYING TO SLEEP, FEEL THE PILLOW ON YOUR FACE.

HOW DOES IT FEEL? IS IT COLD? ROUGH? DOES IT HAVE PATTERNS? DESCRIBE IT IN YOUR MIND OR OUT LOUD. DESCRIBE IT IN A CALM, RHYTHMIC WAY. TALK THROUGH IT UNTIL YOU FEEL YOUR MIND AND YOUR BODY CALM DOWN. FEEL FREE TO INTERRUPT YOUR THOUGHTS WITH WORDS OF AFFIRMATION LIKE, "I'VE GOT THIS" OR "I'M GOING TO BE OK."

5 Senses

USE THE FOLLOWING PROMPTS TO GO THROUGH YOUR ENVIRONMENT IN FIVE SENSES.

I SEE _____ (Example: I SEE THE WALL)

I FEEL _____ (Example: I FEEL MY TOES)

I HEAR _____ (Example: I HEAR THE CARS)

I SMELL _____ (Example: I SMELL THE DOG)

I TASTE _____ (Example: I TASTE MY DRINK)

YOU CAN TALK THROUGH EACH OF FIVE SENSES. YOU DON'T HAVE TO DO THEM IN ORDER OR DO ALL FIVE. YOU DON'T EVEN NEED TO MAKE SENSE. AS LONG AS YOUR MIND IS TALKING THROUGH ANY OF THE STATEMENTS ABOVE AND NOT ON ANXIOUS THOUGHTS, YOU'RE GOOD. TRY TO FIND A CALM RHYTHMIC PATTERN. TALK THROUGH IT UNTIL YOU FEEL YOUR MIND AND YOUR BODY CALM DOWN. FEEL FREE TO INTERRUPT YOUR THOUGHTS WITH WORDS OF AFFIRMATION LIKE, "I'VE GOT THIS" OR "I'M GOING TO BE OK."



WORK-LIFE BALANCE

Work allows you to provide for yourself and your family while also serving a purpose in the community, but when it takes over your life, it can negatively affect your health.

WORK-LIFE BALANCE IS IMPORTANT

Of adults employed full time in the U.S., nearly 40% reported working at least 50 hours per week, and 18% work 60 hours or more.¹



People who feel they have good work-life balance are more satisfied with their job and their life, and experience fewer symptoms of depression and anxiety.²

WHAT WE'VE LEARNED FROM MHA'S WORK HEALTH SURVEY™

More than half of people who responded to MHA's Work Health Survey say that they do unhealthy things (e.g. drinking, drug use, lashing out at others) to cope with workplace stress.



Over 75% of people are afraid of getting punished for taking a day off to attend to their mental health.

More than two-thirds of people have had their sleep negatively affected by workplace issues.



People who work in manufacturing, retail, and food/beverage jobs were most likely to report that work stress "Always or Often" impacted their personal relationships.

HEALTH SUFFERS WHEN WORK TAKES OVER YOUR LIFE



The mental and physical health impacts of workplace burnout and stress are estimated to cost as much as \$190 billion per year (\$6,025 per second) in healthcare spending in the U.S.⁴



Poor work-life balance increases your risk for health conditions like sleep problems, digestive disorders, and mental health problems. This is especially true for people who work longer shifts or on nights and weekends.⁵



Working overtime increases the likelihood of having symptoms of depression, especially in men.⁶

CONSIDERATIONS FOR PEOPLE WITH CHRONIC CONDITIONS AND CAREGIVERS

For people with chronic illnesses, balancing the demands of work while also caring for your health can be difficult, but laws like the Americans with Disabilities Act and the Family Medical Leave Act are designed to protect the jobs of people with disabilities or medical concerns. Talk to your HR representative and your boss about your health care coverage and what accommodations can be made to help you manage – such as working from home or shifting your hours – so that you are better able to tend to your health.



In studies of people who had been diagnosed with cancer, those who believed that their employers would be accommodating to their treatment were more likely to return to work.⁷



A survey of people with diabetes and rheumatoid arthritis found that self-acceptance, understanding and support from coworkers and management, adaptations to workflow and work environment, and adequate benefits were among some of the most important factors when it came to their ability to keep on working.⁸



Research about caregivers is unclear as to whether paid employment has more of a positive or negative impact on the caregiver's well-being. However, one study found that among caregivers who work, caregiving responsibilities caused women to miss work twice as often as men.⁹

SHARE YOUR EXPERIENCES WITH #4MIND4BODY

Mental Health America has created a space where people can learn from each other about what they do to stay well.

Tell us how you balance your personal and professional life by posting with #4mind4body.

We'll collect your Twitter and Instagram posts at mentalhealthamerica.net/4mind4body. You can also post directly and anonymously to the site if you would like.

ARE YOU STRUGGLING?

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, MHA will give you information and help you find tools and resources to feel better.

For a complete list of sources, please visit bit.ly/4mind4bodyWork.



 /mentalhealthamerica
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 /mentalhealthamerica
www.mentalhealthamerica.net

Mental Health Professionals

There are many types of mental health care professionals who can help you achieve your recovery goals. Finding the right one is easier when you know about their different treatment roles. If you have insurance your plan needs to offer you the care providers you need. If one doctor does not accept insurance, they are obligated to find you another. Contact your health insurance provider for more information.

Prescribe and Monitor Medication

The following professionals are able to prescribe medication. They may also provide assessments, diagnoses and therapy.

Primary Care Physicians

Primary care physicians and pediatricians can prescribe medication but it may be wise to consider a visit to someone who specializes in mental health care. Primary care and mental health professionals should work together to determine the best treatment plan for each person. Shortages of health care professionals are not uncommon in many parts of the country. As a consequence, more primary care physicians are being trained and equipped to provide mental health care.

Psychiatrists

Psychiatrists are licensed medical doctors with medical and psychiatric training. They can diagnose mental health conditions and prescribe and monitor medications. Psychiatrists are also able to offer counseling and provide therapy. Some have special training in children and adolescent mental health, substance use disorders or geriatric psychiatry.

In some states physician assistants or nurse practitioners are also qualified to prescribe medication.

Therapy and Assessment

A therapist can help someone better understand and cope with his thoughts, feelings and behaviors. They provide guidance and help improve the ability to reach recovery goals. These mental health professionals may also help assess and diagnosis mental illness.

Clinical Psychologists

Clinical psychologists with a doctoral degree in psychology are trained to make diagnoses and provide individual and group therapy. Some may have training in specific forms of therapy like cognitive behavioral therapy or dialectical behavior therapy, along with other behavioral therapy interventions.

Psychiatric or Mental Health Nurses

Psychiatric or mental health nurses may have various degrees ranging from a registered nurse with an associate's degree to a nurse with a doctorate degree as a Doctor of Nursing Practice. Depending on their education and licensing they provide a range of services including assessment and treatment of mental health conditions, case management and therapy.

School Psychologists

School psychologists with advanced degrees in psychology are trained to make diagnoses, provide individual and group therapy and work with parents, teachers and school staff to insure a healthy school environment. They may also participate in the development of individualized

education plans (IEP) to help improve the school experience of the student with a mental health condition.

Counseling

Working with a counselor can lead to better ways of thinking and living. Counselors assist with developing life skills and improving relationships.

Clinical Social Workers

Clinical social workers have a master's degree in social work and are trained to make diagnoses and provide individual and group counseling, case management and advocacy. Clinical social workers often work in hospitals or clinics or in private practice. Licensed, independent social workers (LICSW) have undergone an extra certification process.

Counselors

Counselors are trained to diagnose and provide individual and group counseling. Counselors may focus on different areas: Licensed Professional Counselor, Mental Health Counselor, Certified Alcohol and Drug Abuse Counselor, Martial and Family Therapist.

Pastoral Counselors

Pastoral counselors are clergy members with training in clinical pastoral education. They are trained to diagnose and provide counseling.

Peer Specialists

Peer specialists have lived experience with a mental health condition or substance use disorder. They have often received training and certification and are prepared to assist with recovery by developing strengths and setting goals.

Social Workers

Social workers (B.A. or B.S.) provide case management, inpatient discharge planning services, placement services and other services to support healthy living.

See more at: <http://www.nami.org/Learn-More/Treatment/Types-of-Mental-Health-Professionals>

Updated March 2015

Treatment is not a one size fits all approach. Where you go for mental health care treatment depends on your situation and recovery needs. Knowing where to look and what to expect can help reduce confusion and stress. Mental health care professionals that provide services include psychologists, psychiatrists, psychiatric or mental health nurses, social workers and counselors. A professional who accepts your health insurance can help cover the cost of services but some psychiatrists and other doctors do not accept insurance.

Private Practice

Individual, family and group therapy sessions are held in a variety of settings, a common one being private practice. A professional in private practice may work out of a variety of places, from an office to her home. Meeting weekly, bi-weekly or monthly with a care provider can provide a patient better understanding of relationships, feelings, behaviors, and how to manage symptoms and reduce the risk of relapse.

Community or County Mental Health Centers

A community or county mental health care center often provides public mental health care services when a referral to a private doctor or therapist is not possible. Centers are operated by local governments to meet the needs of people whose mental health condition seriously impacts their daily functioning. Some of the services a person might receive from a community or county mental health center include outpatient services, medication management, case management services and intensive community treatment services.

Often centers manage contracts with mental health services providers and refer clients for employment, day program services, residential treatment services, therapeutic residential services and supportive residential services. Psychiatrists, psychologists, social workers, counselors and peer support specialist work at centers to provide the range of services clients need. Some centers use the Assertive Community Treatment (ACT) team-based care model to coordinate a client's care including psychiatry, case management services, help with employment and substance use issues.

Most of the people getting services from a community or county mental health care center receive Social Security disability benefits and rely on Medicaid to fund their treatment needs.

Emergency Rooms

When it isn't possible to get treatment from a mental health center or private doctor, or a situation escalates into an emergency and safety is a concern, a visit to an emergency room might be the only option.

Situations that might require a trip to the emergency room include:

- A suicide attempt
- Assault or threatening actions against another person
- Hearing voices, paranoia, confusion, etc
- Drugs or alcohol escalating a person's mental health issue

If you are calling 911, be sure to tell the operator that it is a “mental health emergency” and ask for emergency responders with Crisis Intervention Team (CIT) training. Many first responders will approach a mental health situation differently, if they know what to expect.

Hospitalization

There may be times when a person is admitted to the hospital for intensive treatment. Private psychiatric hospitals, general hospitals with a psychiatric floor or state psychiatric hospitals are designed to be safe settings for intensive mental health treatment. This can involve observation, diagnosis, changing or adjusting medications, ECT treatments, stabilization, correcting a harmful living situation, etc.

If a person and their doctor agree that inpatient treatment is a good idea they will be admitted on a voluntary basis, meaning that they choose to go. Some private hospitals will only take voluntary patients. If a person is very ill and refuses to go to the hospital or accept treatment, involuntary hospitalization is an option. The legal standard for an involuntary hospitalization requires that a person be considered a “danger to self or others.” This type of hospitalization usually results in a short stay of up to 3 days but can occasionally last a week or so longer.

Partial Hospitalization or Day Hospitalization

Partial hospitalization provides care and monitoring for a person who may be having acute psychotic symptoms without being a danger to self or others. It allows a person to return home at night and is much less disruptive. It can also be used as a transition from inpatient hospital care before a complete return home.

Substance Abuse Centers

Some people with mental health conditions also have substance abuse concerns. The most widely used form of treatment is with integrated intervention. With this treatment a person receives care for both a specific mental illness and substance abuse. Types include:

- A detoxification facility.
- Acute Residential Treatment (ART).
- Intensive Outpatient Programs (IOP).

See more at: <http://www.nami.org/Learn-More/Treatment/Treatment-Settings>

Updated March 2015

THINK AHEAD

Organizing your thoughts and taking steps to feel better can be tough when you're weighed down by mental illness. That's why it's important to think ahead. At a time when you're feeling well and able, use this worksheet to prepare or plan ahead.

SUPPORTS

Think about the people in your life who can offer the positive supports you need. Thinking about specific things they can do to help you feel better will provide guidance during tough times. Some examples might include: someone you can call who will just listen, someone to hang out with even though you have low energy, or someone to take a slow walk with.

PERSON I CAN TURN TO	HOW THEY CAN HELP
----------------------	-------------------

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

When symptoms become serious, it's helpful to identify an emergency contact and list specific actions they can do to help you get back on track. Use the back of this worksheet to help identify when things get serious.

MY EMERGENCY SUPPORT PERSON

WHAT THEY CAN DO TO HELP (For example: call your treatment provider, is there a hospital you prefer to go to, do they need to know about your medications or medical background.)

CONTACT INFO FOR TREATMENT PROVIDER (Have you signed a release for this person?)

TOOLS

MONITOR YOUR SYMPTOMS

Screening tools can help you to monitor the severity of your symptoms. Visit mhascreening.org every so often to take a screen and "check-in" on your mental health.



www.mhascreening.org
Anonymous • Free • Confidential

FIND YOUR LOCAL MHA AFFILIATE

Mental Health America has over 200 affiliates in 40 states that can help you with programs and services to support your recovery. Find the affiliate closest to you by entering your ZIP code at: mentalhealthamerica.net/find-affiliate.

FIND TREATMENT PROVIDERS

The Substance Abuse and Mental Health Services Administration (SAMHSA) has an online treatment locator that can help you find a variety of mental health professionals at findtreatment.samhsa.gov.

FIND PEOPLE TO TALK TO

Warmlines are numbers that you can call (usually during business hours) to find someone to talk to if you are struggling with your mental health. Find a warmline in your area by visiting warmline.org.

If you or someone you know is in crisis, call 1-800-273-TALK (8255), go to your local Emergency Room or call 911.

THINGS TO LOOK OUT FOR

Triggers are people, places, words, or situations that increase negative feelings. They can make it difficult to cope with mental health symptoms. When you're well, it can be helpful to work on exposing yourself to triggers so that negative experiences are lessened when you're stressed. For example, if going to the grocery store or crossing bridges is scary – take small steps to expose yourself to these situations. There are some triggers, like yelling, or abusive relationships that you might consider avoiding all together. Identify some triggers that you can work through. And identify if there are triggers that you should avoid.

MY TRIGGERS

Early warning signs are personal changes in thoughts or behaviors that signal that things are getting worse. The sooner you intervene when these signs occur, the better. Use the lines below to think about your early warning signs. Some examples might include: withdrawing for more than two days, feeling so agitated you haven't slept for three or more days, or finding it difficult to get out of bed. When these signs occur, it's helpful to list out your next steps for seeking help. This might include calling your treatment provider, or calling your emergency contact.

MY EARLY WARNING SIGNS

STEPS TO INTERVENE

ACTIONS TO TAKE

Stress can creep up on you when it seems like you have so much to get done and not enough time to do it. Or sometimes when symptoms of mental illness come back, normal every day activities become stressful. When stress comes, it often affects sleep. Use the lines below to identify steps you can take to reduce stress. You can use the list below to get started.

THINGS THAT MAKE ME FEEL BETTER

1. Make a routine.
2. Stand up and stretch.
3. Take 4 slow, deep breaths.
4. Do a puzzle or color.
5. Talk to someone who is a good listener.
6. Give yourself a pep talk ("I can do this.")
7. Close your eyes and listen to sounds around you.
8. Look at animal pictures. Who doesn't like a puppy?
9. Watch a funny video.
10. Take a brisk walk.
11. Read a magazine.
12. Watch the sunrise or sunset.
13. Massage your temples.
14. Do a good deed or random act of kindness.
15. Listen to music.