



*Hope and health in the community*



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# **Mental Health and Wellness 101**

***1/9/2021***

# Presentation Objectives

- Mental Health: Common signs and symptoms
- Suicide/Crisis
- How to help someone in need
- The importance of self care

# Stigma

- Where does stigma come from?
- Why is stigma harmful?
- What can we do to change the perception of it?
- \*A person with a mental health disorder is more likely to be the victim of a crime, than the perpetrator.

# U.S. Adults with a Mental Disorder in Any One Year

Type of Mental Disorder	% Adults
Anxiety disorder	19.1
Major depressive disorder	6.8
Substance use disorder	8.0
Bipolar disorder	2.8
Eating disorders	2.1
Schizophrenia	0.45
<b>Any mental disorder</b>	<b>19.6</b>

*Only 41% of people with a mental illness use mental health services in any given year*

# The Impact of Mental Illness

- Mental illnesses can be more disabling than many chronic physical illnesses. For example:
  - The disability from moderate depression is similar to the impact from relapsing multiple sclerosis, severe asthma, or chronic hepatitis B.
  - The disability from severe depression is comparable to the disability from quadriplegia.
- “*Disability*” refers to the amount of disruption a health problem causes to a person’s ability to:
  - Work
  - Carry out daily activities
  - Engage in satisfying relationships

# Most Common Mental Disorders

- Anxiety Disorders
- Depressive Disorders
- Substance Use Disorder
- Bipolar Disorder
- Eating Disorders
- Schizophrenia

What other Mental Health issues can you think of and which category might it fit in?

# Anxiety Disorders

- Generalized Anxiety Disorder
- Specific Phobia
- Social Anxiety Disorder
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Agoraphobia
- Panic Disorder

# Signs and Symptoms of Anxiety

## Physical

- **Cardiovascular:** pounding heart, chest pain, rapid heartbeat, blushing
- **Respiratory:** fast breathing, shortness of breath
- **Neurological:** dizziness, headache, sweating, tingling, numbness
- **Gastrointestinal:** choking, dry mouth, stomach pains, nausea, vomiting, diarrhea
- **Musculoskeletal:** muscle aches and pains (especially neck, shoulders and back), restlessness, tremors and shaking, inability to relax

# Signs and Symptoms of Anxiety

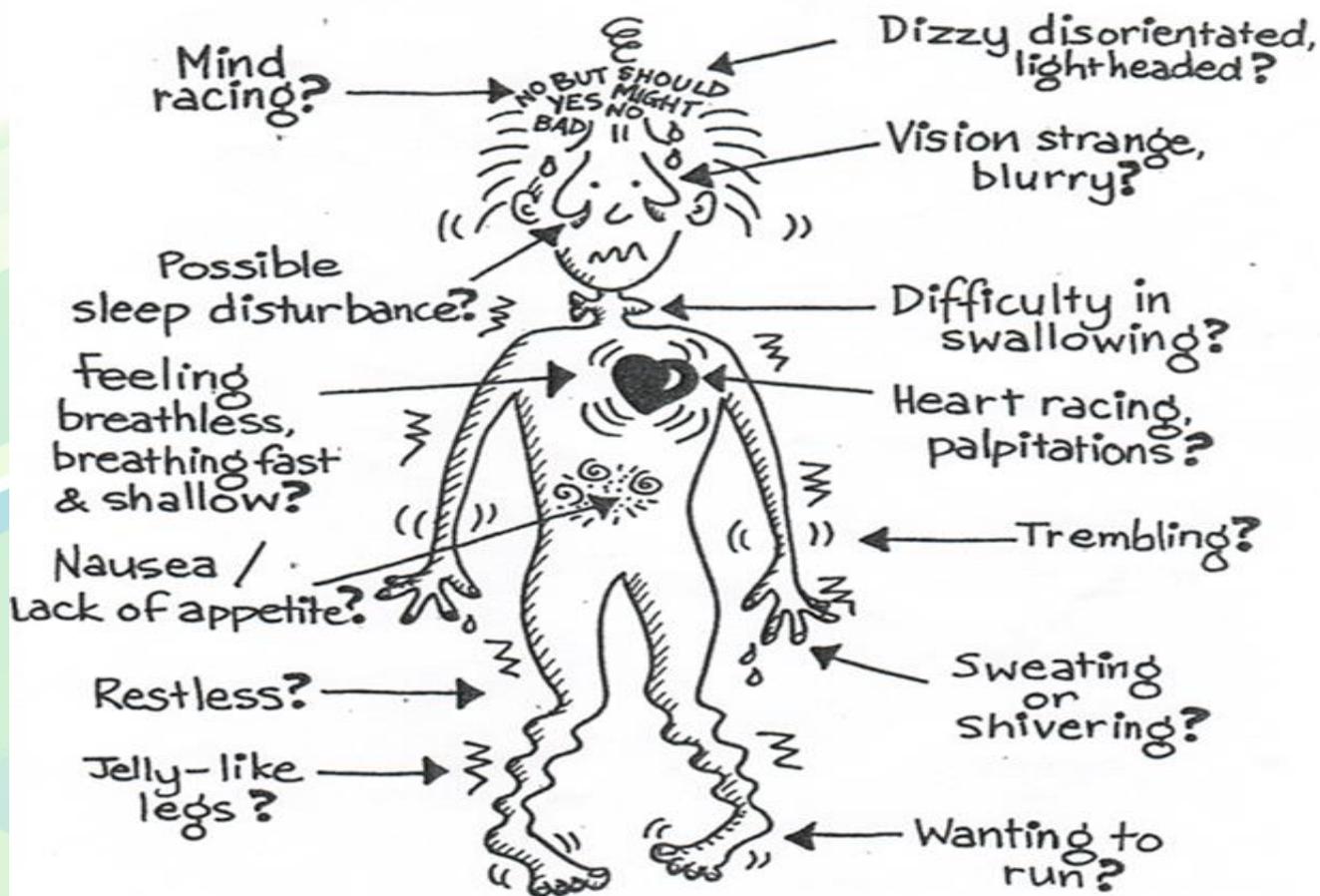
## Behavioral

- Avoidance of situations, obsessive or compulsive behavior, distress in social situations, phobic behavior

## Psychological

- Unrealistic or excessive fear and worry (about past and future events), mind racing or going blank, decreased concentration and memory, indecisiveness, irritability, impatience, anger, confusion, restlessness or feeling “on edge” or nervous, fatigue, sleep disturbance, vivid dreams

# Book: Living with "IT"



# Depression

- Major depressive disorder lasts for at least 2 weeks and affects a person's
  - Emotions, thinking, behavior, and physical well-being
  - Ability to work and have satisfying relationships

# Depressive Disorders

- Major Depressive Disorder
- Bi-Polar Disorder
- Post Partum Depression
- Seasonal Depression

# Signs and Symptoms of Depression

## Physical

- Fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, headaches, irregular menstrual cycle, loss of sexual desire, unexplained aches and pains

## Behavioral

- Crying spells, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow movement, use of drugs and alcohol

# Signs and Symptoms of Depression

## Psychological

- Sadness, anxiety, guilt, anger, mood swings, lack of emotional responsiveness, feelings of helplessness, hopelessness, irritability
- Frequent self-criticism, self-blame, pessimism, impaired memory and concentration, indecisiveness and confusion, tendency to believe others see one in a negative light, thoughts of death and suicide

# Risk Factors for Depression & Anxiety

- Distressing and uncontrollable event
- Stressful or traumatic events
- Difficult childhood; history of childhood anxiety
- Ongoing stress and anxiety
- Another mental illness
- Previous episode of depression or anxiety
- Family history
- More sensitive emotional nature

# Risk Factors for Depression & Anxiety

- Illness that is life threatening, chronic, or associated with pain
- Medical conditions
- Side effects of medication
- Recent childbirth
- Premenstrual changes in hormone levels
- Lack of exposure to bright light in winter
- Chemical (neurotransmitter) imbalance
- Substance misuse; intoxication, withdrawal

# How to be a support

- Practice being nonjudgmental
- Give information
- Encourage self help and/or professional help
- Identify others who may be helpful
- Address fear of embarrassment or shame
- Explore activities that might help manage symptoms

# When to seek professional help

- A mental disorder or mental illness is a diagnosable illness that
  - Affects a person's thinking, emotional state, and behavior
  - Disrupts the person's ability to:
    - Work
    - Carry out daily activities
    - Engage in satisfying relationships

# Professional Help

- Integrated Health Care
- Primary Care
- GHS and Providers
- GCHC
- CCBHC
- Social workers, Peer Support Specialists, Nurses, Therapists, Psychiatrists, Psychologists etc.

# Suicide

- What are some signs of suicidal ideation?
  - Threatening to hurt or kill oneself
  - Seeking access to means
  - Talking or writing about death, dying, or suicide
  - Feeling hopeless
  - Feeling worthless or a lack of purpose
  - Acting recklessly or engaging in risky activities
  - Feeling trapped
  - Increasing alcohol or drug use
  - Withdrawing from family, friends, or society
  - Demonstrating rage and anger or seeking revenge
  - Appearing agitated
  - Having a dramatic change in mood

# Questions to Ask

Ask the person directly whether he or she is suicidal:

- “Are you having thoughts of suicide?”
- “Are you thinking about killing yourself?”

Ask the person whether he or she has a plan:

- “Have you decided how you are going to kill yourself?”
- “Have you decided when you would do it?”
- “Have you collected the things you need to carry out your plan?”

# Keeping the Person Safe

- Provide a safety contact number
- Help the person identify past supports
- Involve them in decision making
- Call law enforcement if the person has a weapon or is behaving aggressively

## Do Not

- Leave an actively suicidal person alone
- Use guilt and threats to try to prevent suicide
  - *You will go to hell*
  - *You will ruin other people's lives if you die by suicide*
- Agree to keep their plan a secret

# Covid-19

- During the COVID-19 pandemic, you may experience:
  - Stress
  - Anxiety
  - Fear
  - Sadness
  - Loneliness
  - Existing mental health disorders can worsen.
- Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety and depression during the pandemic, compared with surveys before the pandemic.

# Managing Stress (Covid-19)

- Limit News intake
- Limit scrolling on social media
- Replace those things with books, walks, art, projects etc.
- Stay connected – Learn new technology
- Think positive thoughts. You can catch yourself and redirect your thoughts. (catastrophizing, all or nothing thinking, emotional reasoning, jumping to conclusions, personalization).

# Self Care and Wellness

- Routine
- Meaningful Activity- every day
- Healthy lifestyle (good sleep patterns, exercise, healthy diet, primary care)
- Avoid substances
- Mindfulness, self help books, yoga, etc.
- Spirituality

# Resources

- Local
  - CIRT – 24 Hour Crisis Line
    - 810-257-3740
    - •TTY 810-232-6310
    - •Toll-free 877-346-3648
  - Crisis Text Line – Text FLINT to 741741
  - Free Narcan Training and Kits
  - GHS Customer Service 810-257-3740
  - Free GHS Trainings: Mental Health First Aid, QPR, Psychological First Aid, Mental Health 101 and Livingworks suicide prevention curriculum.
- National
  - National Suicide Prevention Hotline
  - NAMI
  - SAMHSA
  - My Strength

# Mental Health First Aid

- Once per month- 3rd Wednesday of each month (8:30am- 3pm)
- Mental Health First Aid is an international training program proven to be effective. Peer-reviewed studies show that individuals trained in the program:
  - Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
  - Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
  - Increase their confidence in and likelihood to help an individual in distress.
  - Show increased mental wellness themselves.

# Psychological First Aid

- 2 times each month-1st Tuesday of each month (9-10:30am) and 3rd Thursday of each month (2-3:30pm)
- PFA is an initial disaster response intervention with the goal to promote safety, stabilize survivors of disasters and connect individuals to help and resources. PFA is delivered to affected individuals by mental health professionals and other first responders.

# Question, Persuade and Refer

- Two times each month- 1st Thursday of each month (2-3:30pm) and 3rd Tuesday of each month (9-10:30am)
- To save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.
  - Recognize the warning signs of suicide
  - Know how to offer hope
  - Know how to get help and save a life

# LivingWorks- Suicide Training

- LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connect them to help and support.
  - A powerful four-step model to keep someone safe from suicide.
  - Includes opportunities to practice it with impactful simulations.
  - Safety resources and support are available throughout the program.



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**Thank you!**