Welcome to the May 2022 Prevention Post, celebrating Mental Health Awareness Month!

We are moving to a new format, but all of the great information you enjoyed in the past Prevention Posts will of course continue!

STARTING TO THINK ABOUT MENTAL HEALTH

Mental Health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.

WHAT IS A MENTAL HEALTH CONDITION?

A mental health condition, or mental illness, refers to a set of symptoms that have been identified by the mental health community. Mental health conditions are described in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the International Classification of Diseases (ICD-11), or by people with lived experience.

People with mental health conditions deal with changes in emotions, thinking, and behaviors. For some, this means extreme and unexpected changes in mood—like feeling much more sad or worried than usual. For others, it means not thinking clearly, feeling anxious, and having difficulty controlling their actions, or hearing voices that others do not, no matter what kind of mental health condition someone is facing. It’s always possible to recover.

IS POOR MENTAL HEALTH THE SAME THING AS HAVING A MENTAL HEALTH CONDITION?

No. We all have tough days and weeks and struggling with your mental health doesn’t automatically mean you have a mental health condition. To be diagnosed, the changes in your thinking and emotions must be serious enough that your ability to do the things you want to do—and even living—are affected.

CONDITION FOR DIAGNOSIS SYMPTOMS MUST LAST AT LEAST:

<table>
<thead>
<tr>
<th>-condition</th>
<th>anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>depression</td>
<td>6 months</td>
</tr>
<tr>
<td>bipolare</td>
<td>2 weeks</td>
</tr>
<tr>
<td>mania</td>
<td>1 week</td>
</tr>
<tr>
<td>schizophrenia</td>
<td>6 months</td>
</tr>
<tr>
<td>PTSD</td>
<td>6 months</td>
</tr>
<tr>
<td>OCD</td>
<td>6 months</td>
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You can have times of poor mental health without having a diagnosable condition—just like you can be generally physically unhealthy without having a particular illness.

TERMS TO KNOW

SYMPTOMS: physical or mental features that indicate the potential existence of a concern, condition, or diagnosis

LIVED EXPERIENCE: the very unique personal experience dealing with a mental health or substance use challenge

STRESS: feeling of emotional or physical tension in response to being overwhelmed or unable to cope with mental or emotional pressure

TRAUMA: an emotional response to a disturbing, scary, or shocking experience that overwhelms an individual’s ability to cope

COPING SKILLS: a strategy to help you deal with difficult situations and negative emotions

MENTAL HEALTH SCREEN: an evaluation of your mental health and wellbeing through scientifically validated assessment tools

WHO NEEDS TO LOOK AFTER THEIR MENTAL HEALTH?

Everyone’s mental health is important for all of us. Taking care of yourself is critical to prevent mental health from worsening—factors like nutrition and physical activity, stress, sleep, relationships, trauma, and more can contribute to poor mental health. If you think your mental health is in a good spot, it is a great time to practice coping skills—ways to help you deal with tough feelings so that you’re better able to handle tough times when they happen.

FAST FACTS

21% of all U.S. adults live with a mental health condition.

The prevalence of mental health conditions is highest among adults reporting two or more races (36%).

46% of Americans will need mental health care at some time in their life.

Contact Us

Would you like to bring suicide prevention, mental health awareness or substance use prevention trainings/conversations to your agency or school, email prevention@centennialmhc.org. Prevention Services provided by Centennial are always provided cost covered.

Upcoming Trainings/Events

6th Annual MOTIVATE MENTAL HEALTH

Learn About 4 Ways To Motivate Your Mental Health

Monday, May 2nd, 2022
12:00 PM - 6:00 PM
Sterling Courthouse Square
EVEYONE IS INVITED!!

PERFORMANCE BY:
- Sterling High School Jazz Choir
- Valor Christian Choir
- Career High School Music Students

GAMES FOR KIDS & ADULTS:
- Scavenger Hunt
- Mad Libs
- Board Games
- Trivia

INFORMATION AND MATERIALS:
- Mental Health Prevention
- Pregnancy-related depression
- Moving forward with support and recovery
- A+q Childproof Education
- Community resource connection

This event is brought to you by:

Centennial Mental Health Center