

STEP UP FOR MENTAL HEALTH®

Mental Health 101: Let's Talk About it!

Peer Support Advocacy



Adrienne McCue:

President & Executive Director

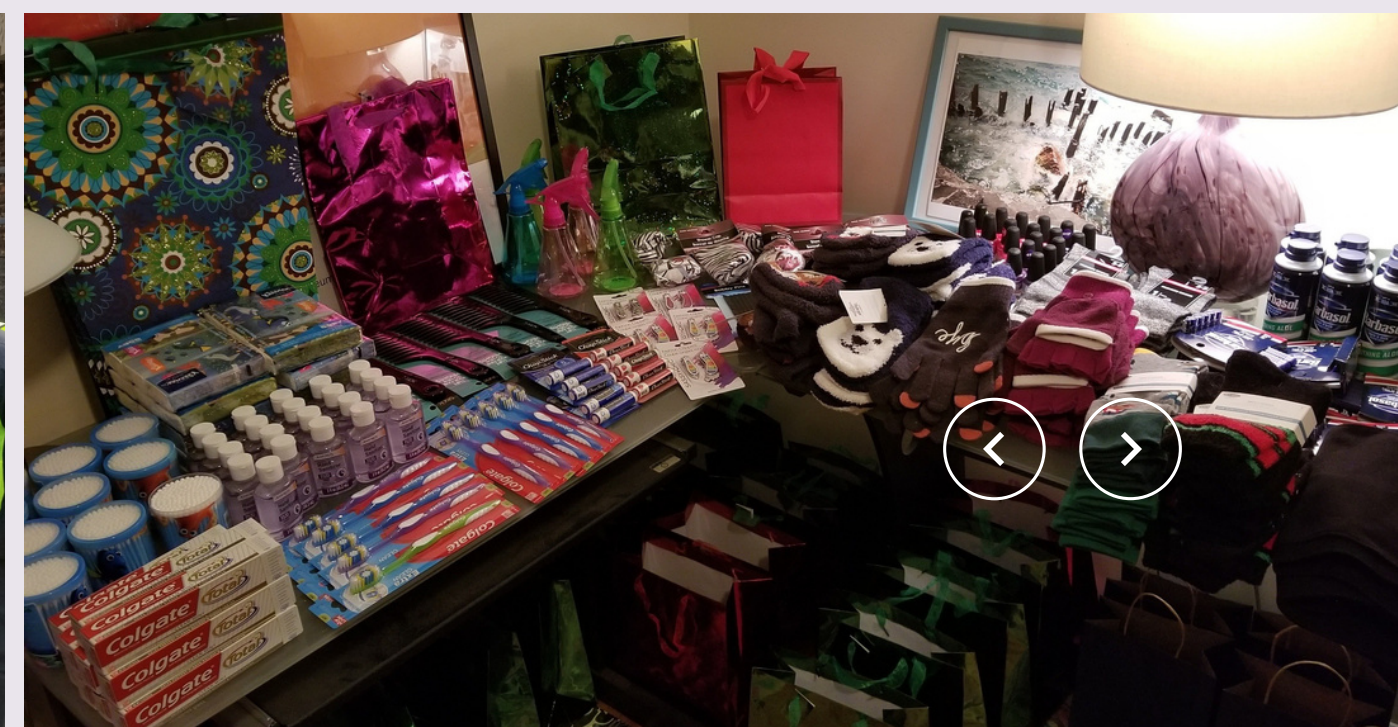
"One of the most important goals for Step Up For Mental Health® is to help individuals and families gain access — even if they are miles away from a service, or are having issues with cost. We are reaching out to partners to help work within these challenges, in a small way, giving someone the tools to create change in their personal story. That's our mission, even if we have to do it one person at a time."





Individuals, Family, and Community

Step Up For Mental Health's mission is to support, educate and provide services to empower families living with the challenges of mental health disorders. We do this by providing a safe place to share stories and find support for others who are dealing with mental health disorders or caring for a family member with a mental illness. We believe that mental health issues impact social issues, including education, homelessness, and poverty. Step Up For Mental Health® strives to match families with resources to help move them toward a more productive life.



Something to Talk About

OVERVIEW OF MENTAL HEALTH

What is Mental Health?

What Are Mental Health Problems?

Learning the Signs of Depression

Other Mental Health Issues: Anxiety Disorders & Psychosis

Mental Health Myths, Stigmas, and Culture

Peer Support & Self-Help Strategies

What Does a Mental Health Crisis Look Like?

Professionals Who Can Help

Mindfulness Tools to Help Your Mental Health

Resources





Words of Inspiration

My pain, fear, and anxiety matters.
My thoughts are real.

— Mental Health Affirmations

What is Mental Health?

WORLD HEALTH ORGANIZATION:

"Mental health can be conceptualized as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community "



WHAT ARE MENTAL HEALTH PROBLEMS?



A mental disorder or mental illness is a diagnosable illness that affects a person's thinking, emotional state, and behavior and disrupts the person's ability to work or carry out other daily activities and engage in satisfying personal relationships.

A Mental Disorder





A VARIETY OF COMMON TERMS:

- mental disorder
- serious emotional disorder
- extreme emotional distress
- psychiatric illness
- mental illness
- nervous
- mental breakdown
- nervous breakdown
- burnout.

A Mental Disorder





A VARIETY OF NEGATIVE TERMS:

- crazy
- psycho
- mad
- loony
- nuts
- cracked up
- wacko
- freak
- screw Loose

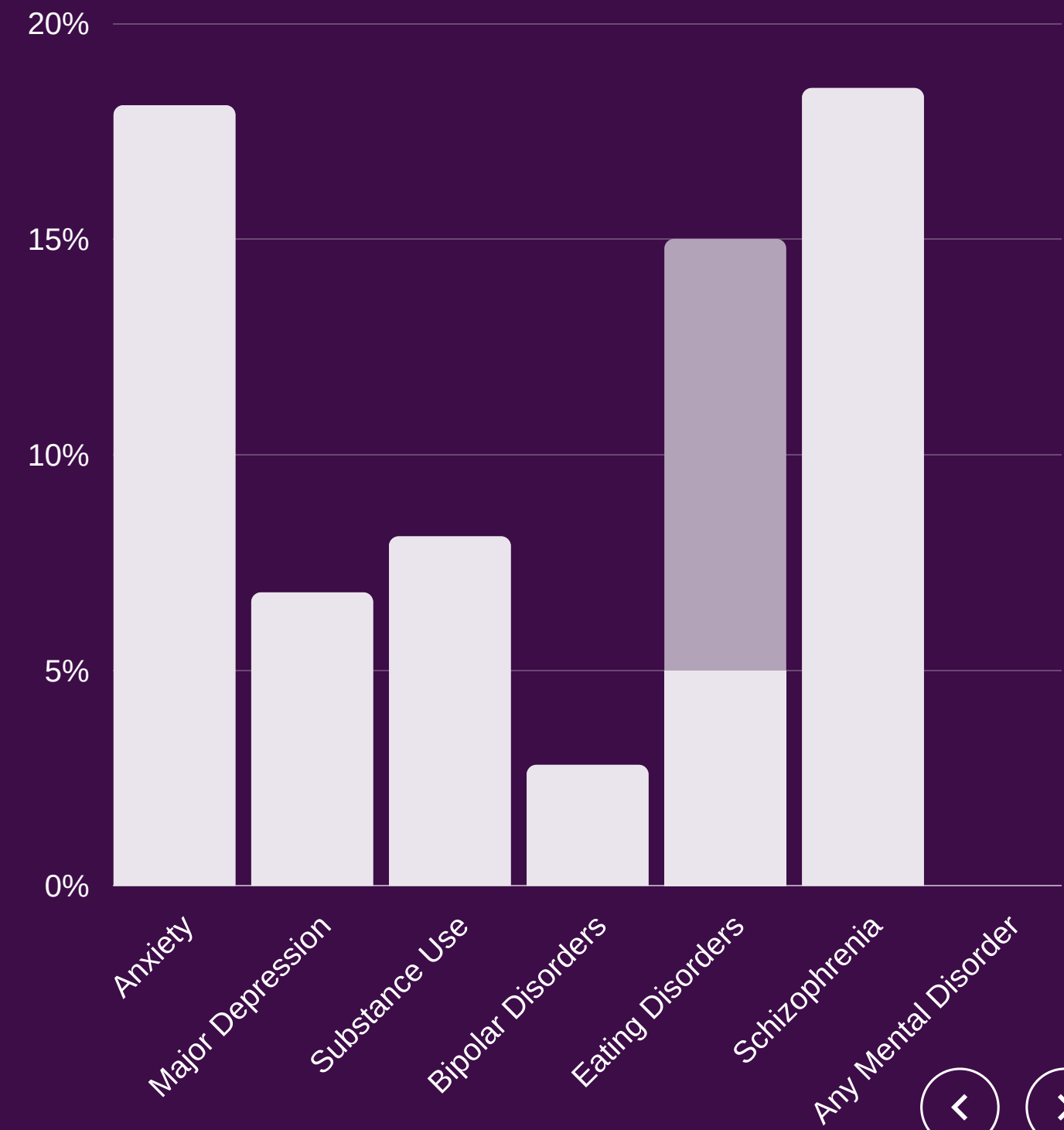
Common Mental Health Slang Terms



Percentage of American Adult with Mental Health Disorders

ANY ONE YEAR IN THE U.S.

Mental disorders are common in the US. with 1 in 5 adults having a mental disorder in any one year. A national survey of Americans found 18.5 percent of adults (18 or older) experienced a mental illness in any one year. This means 43.8 million people.





Common Mental Illnesses

Mood Disorders

Mood disorders are a group of mental illnesses that affect how you feel and think about yourself, other people and life in general.

Depression, Bipolar Disorder, Seasonal affective disorder (SAD)

Anxiety Disorders

Anxiety can vary in severity from mild uneasiness to a terrifying panic attack. It also can vary in how long it lasts. A few minutes to many years.

Generalized Anxiety Disorder, Panic Disorders, Social Anxiety Disorder, Phobias

Psychosis

Psychosis is a general term used to describe a mental health problem in which a person has lost contact with reality, resulting in a severe disturbance in thinking, emotion, and behavior.

Schizophrenia, Bipolar Disorder, Psychotic Depression, Schizoaffective Disorder, Drug-induced Psychosis

Learning the Signs of Depression



DEPRESSED VS. FEELING BLUE

What is Depression?

You might feel sad or blue when bad things happen, however, everyday “blues” or sadness is not a depressive disorder. A major depressive disorder lasts for at least two weeks and affects a person’s ability to work, carry out usual daily activities, and have satisfying personal relationships.



Symptoms of Depression

Symptoms of Depression (A person who is clinically depressed would have at least one of these two symptoms, nearly every day, for at least two weeks:

- Sad mood
- Loss of enjoyment and interest in activities that used to be enjoyable

MIGHT HAVE THESE SYMPTOMS:

- Lack of energy and tiredness
- Feeling worthless
- Thinking often about death or wishing to be dead
- Difficulty concentrating or making decisions
- Agitated or unable to settle
- Not about to sleep (Insomnia)
- Loss of interest in food or eating too much (change in habits; loss or weight gain)



What Causes Depression?

Depression has no single cause and often involves the interaction of many diverse biological, psychological, and social factors. When a person feels powerless to control a situation or a major life change, depression can set in.





Cont. What Causes Depression?

- Breakup or divorce
- Long-term poverty
- Loss of job or difficulty finding a new one
- Onset disability or chronic illness
- Bullying or victimization
- Death of a loved one
- Side effects from medication
- After having a baby
- Stress having multiple mental disorders
- Chronic Disease (Fibromyalgia, Parkinson's disease)
- People who had difficult childhoods
- Mental Health in families

Types of Anxiety Disorders



PHYSICAL, PSYCHOLOGICAL, BEHAVIORAL

Around 18 percent of US Adults

Anxiety disorders tend to begin in childhood, adolescence, or early adulthood. The median age of onset is 11-years, which means half the people have their first episode by this age.

Common Anxiety Disorders

- **Generalized Anxiety Disorder.** You feel worried and stressed about many everyday events and activities. Things that may go wrong. This goes on for several months and disrupts your life, relationships, and work on most days.
- **Panic Disorders.** Panic disorder is a pattern of repeated, unexpected panic attacks. Panic attacks are sudden, strong feelings of fear or anxiety along with symptoms like shortness of breath, dizziness, or a pounding heart.
- **Social Anxiety Disorder.** You feel very anxious about what you will say or do in front of people. For example, you may be scared of public speaking or to eat in public. This problem affects your daily life.
- **Phobias.** You are very scared of a specific object, situation, or activity. For example, you may fear spiders, high places, or small spaces.



Understanding Psychosis



TYPES OF DISORDERS IN WHERE PSYCHOSIS CAN OCCUR

Also called: Psychotic disorder

1.6 million Americans 0.7% - Ages 16-30, rare after age 45.

Disorders in which psychosis can occur involve a high risk of suicide.

Approximately one-third of people with schizophrenia attempt suicide and 1 in 10 will complete suicide. People with bipolar disorder have a lifetime risk of suicide that is 15 times higher than the general population.



Warning Signs of Suicide

- Threatening to hurt or kill himself or herself
- Talking or writing about death, dying, or suicide
- Expressing hopelessness
- Anger or rage
- Acting reckless or engaging in risky activities
- Feeling trapped, no way out
- Increase in alcohol or drug use
- Withdraw from friends, co-workers, family, or society
- Showing anxiety or agitation
- Showing signs of dramatic mood change
- Feeling no sense of purpose or reason for living

Note: If you see an emergency call 911

Mental Health Myths



People with mental health issues are violent?

Fact: A very small percentage of people experiencing psychosis may threaten violence. Which is a false stigma. Many people with mental disorders harm themselves more than others.

All mental health illnesses are the same?

Fact: 4 percent of people dealing with psychosis show acts of violence. People dealing with depression or anxiety disorders have little or no association with violent behavior toward others.

Recovery from a mental illness is impossible.

Key: Early Intervention is key for Psychosis and Mood Disorders, the longer they wait, the less likely the person is to recover. Remember mental health starts at 16 - 28 years old on average.

BIPOC (Black, Indigenous, and People of Color) and mental health

Key: BIPOC are not any stronger or weaker in dealing with mental health issues than any other population. There are many myths regards to pain, racist systems, beliefs, lack of mental health professionals in BIPOC spaces, mental health crisis, and the police in black communities, religion, trust in the medical field. Which we call Transgenerational Trauma. Peer Support can be introduced.



Peer Support & Self-Help Strategies

How can we listen to people dealing with mental health challenges?

- Assess for risk of suicide or harm
- Listen non judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

How you can assist someone as a caregiver, co-worker, friend, community leader

- Show effective, active and non-judgemental listening when someone needs to share.
- Show effective active and non judgemental listening
- Show acceptance, being genuine and showing empathy is key when someone is feeling vulnerable.
- Our motto is Talk.Share.Listen.
- Ask questions that show genuine care, seek clarifications.
- Check your understanding by restating and summarizing facts and feelings.

Professionals Who Can Help



Primary care physicians



Mental health professionals



Peer support facilitators or
specialists, or support groups



Psychiatrists / Medications

NATURAL BRAIN FOOD

Endorphins - (neurotransmitters) Reduce pain and boost pleasure, and can be released by exercise, eating, and human bonding.

Oxytocin - (hormone) - Social bonding, but if you are single, grab your fur baby and hug or play with your doggie.



FEEL GOOD, NATURALLY

Serotonin - (Chemical) Keeps you calm, confident, and patient.

Dopamine - (Neurotransmitter) Helps with feeling pleasure.





PREVENTION: MINDFULNESS AND SELF-CARE TOOLS



Try some of these tried and true self-help tools that are good for the mind and body.

- Staying positive.
- Stay hydrated.
- Eat foods that give your energy and good health.
- Pick up a paintbrush or some colored pencils.
- Journaling.
- Exercise.
- Meditation or Yoga.



Try some of these tried and true self-help tools that are good for the mind and body.

**PEER SUPPORT:
Step Up For Mental Health®**

Helpline: 1:1 Peer Chat Sessions 1-Hour, 4-Hours, 8-Hours (Weeks)
www.stepupformentalhealth.org/what-we-do/helpline

The National Suicide Prevention Lifeline

1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

**MOOD DISORDERS:
BetterHelp: Partner (Tele-health)**

Get matched with a licensed therapist within 24 hours for convenient and confidential online therapy.
www.stepupformentalhealth.org/betterhelp
www.betterhelp.com/stepupformentalhealth

National Alliance on Mental Illness

www.nami.org



ANXIETY DISORDERS:
Anxiety and Depression Association of America

www.adaa.org/understanding-anxiety

**American Psychiatric Association Answer
Center**

1-888-35-PSYCH (1-888-357-7924)

www.psychiatry.org/about-apa/contact-us

PSYCHOSIS:
Mental Health America

www.mentalhealthamerica.net

National Institute of Mental Health

www.nimh.nih.org

MINDFULNESS AND MEDITATION

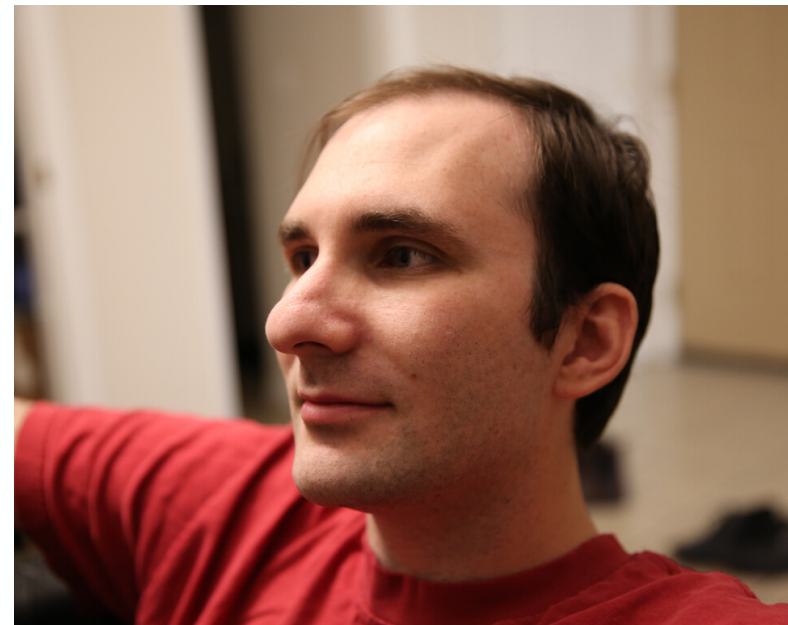
www.calm.com

Peer Support Facilitator Team



Adrienne

Schizophrenia, Chronic Pain,
Transgenerational Trauma,
caregivers



Nathan

Pre-Med
Peer Support Facilitator I



Sabreet

Researcher
Peer Support Facilitator I

Our Programs

Step Up Assistance

- Helpline Peer Support
- 1:1 Peer Chat
- Finding Resources

Step Up For Kids

- Educational Outreach
- Mindfulness, Art Tech Workshops
- Peer Groups, Career Events

Step Up Small Grants

- Provide Small Grants
- Medication, Emergency Food
- 1-3 months of Mental Health Therapy Cost Living in Poverty

Bi+ Project

- Provide Mental Health Wellness events
- Educational Outreach
- Peer support and Resources



How to Volunteer:

<https://www.stepupformentalhealth.org/giving-back/volunteer/>

Become a Champion Ambassador

<https://www.stepupformentalhealth.org/giving-back/champion-ambassador/>

Donate: Help Us Do More!

Text to Donate 44-321 – 'STEPUP4FAMILIES'

Get Involved

VOLUNTEER. DONATE. FUNDRAISE.

Mission: “To educate, fight causes and change minds about mental health and its impact on families.”

Step Up For Mental Health®

Learn More:
stepupformentalhealth.org

Professional Resources / 24- Helplines?
stepupformentalhealth.org/mh-service-providers

