

Mental Health Awareness

How to Reduce Stigma and Promote Awareness & Advocacy

Resources

For Presentation Slides,
Resourceful Links &
Additional Information

**TEXT MENTALHEALTH
TO 33777**



Objectives

- Understand current trends during these times of the pandemic, racial injustice, economic crisis, & political unrest
- Promote awareness and reduce stigma
- Explore treatment implications
- Become an advocate
- Identify resources



The Stress Epidemic: Poll

U.S Stress Statistics

Data

Percent of people who regularly experience physical symptoms caused by stress 77 %

Regularly experience psychological symptoms caused by stress 73 %

Feel they are living with extreme stress 33 %

Feel their stress has increased over the past five years 48 %



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



Stressors of COVID-19

- Fear and concern for health and safety of self and loved ones
- Adjustments to working from home
- New demands such as homeschooling
- Loss of structure and routine
- Challenges managing uncertainty and change
- Financial fears
- Relationship conflict
- Loneliness and isolation



Mental Health Implications

- Feelings of grief and loss
- Increase in stress, anxiety and depression
- Increase in substance abuse
- Relationship conflict
- PTSD/Trauma
- Sleep disturbance
- Changes in productivity
- Difficulty concentrating
- Distorted sense of time



Impact on Clinicians & Mental Health Workers

- Increasing demands
- Need for collaboration & communication
- Need for support
- Call to be educators & advocates
- Must work to prevent burnout & compassion fatigue

Mental Health Awareness

In the US, 46.4% of adults will experience a mental illness during their lifetime.

Essential workers, young adults, persons of color and adult caregivers are at higher risk for PTSD and other mental health disorders during COVID-19.



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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.



Mental Health Awareness

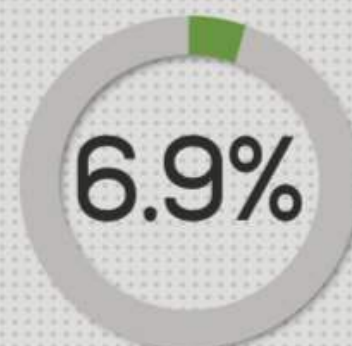
Prevalence of Mental Illness by Diagnosis



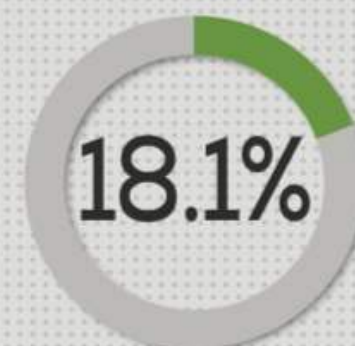
1 in 100 (2.4 million) American adults live with schizophrenia.¹



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

Anxiety & depression symptoms 3-4x worse than a year ago

Minority Mental Health Awareness

[Racism's Toll on Mental Health](#)—PTSD, fear, more labeling diagnosis, etc.

[The Mental Health Care Gap](#)—Poverty gap, lack of representation in the field, stigma, criminal justice, etc.

#MentalHealthMatters

#CounselingHelps

#ImpactofTrauma

#BIPOCMentalHealth



LGBTQ+ Mental Health Awareness

- LGBTQ+ individuals are twice as likely to experience a mental health disorder during their lifetime due to stigma and trauma.
- [Society for Sexual, Affectional, Intersex, and Gender Expansive Identities](#)
- [Human Rights Campaign](#)
 - Time to Thrive



Substance Abuse Awareness Statistics*



1 out of 10
Americans have a drug
or alcohol problem

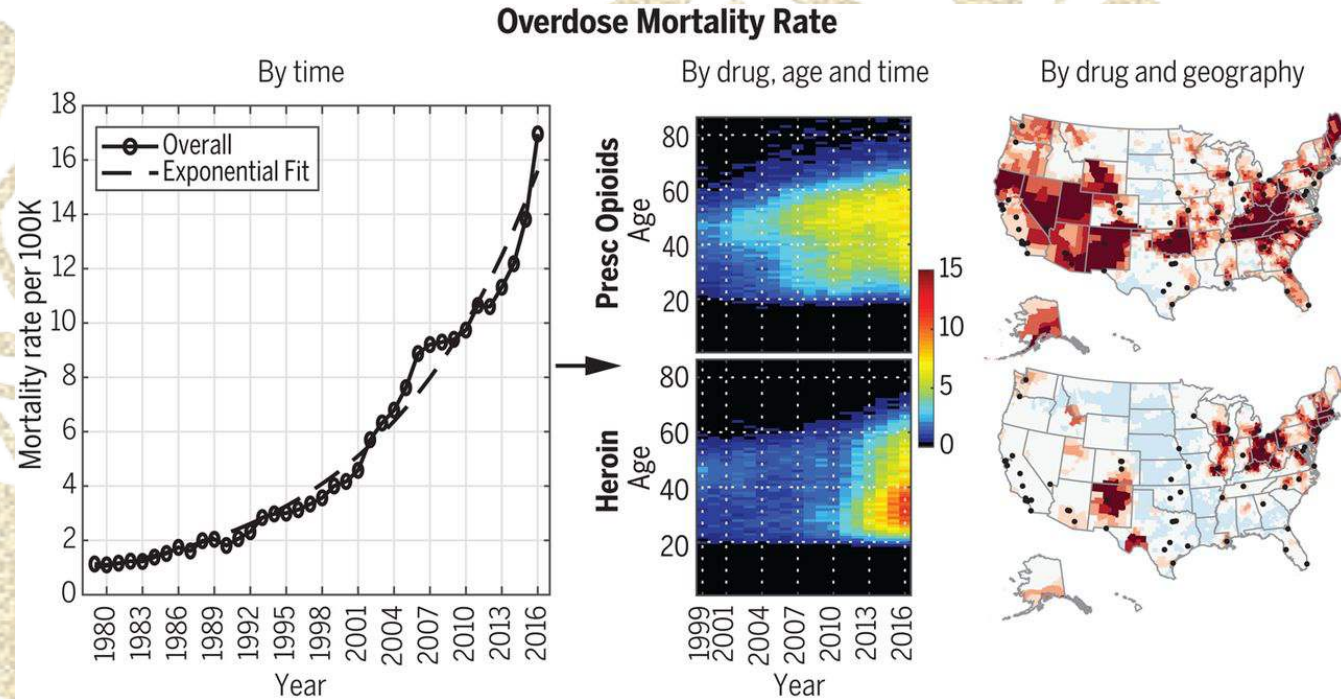


1 out of 7
of us have a family
member with a problem

[13% people say they have turned to substance abuse during the pandemic](#)

* According to the [National Institute on Drug Abuse](#)

Substance Abuse Awareness Statistics*



Every day, more than 130 people die in the US from opioid overdose

* According to the [National Institute on Drug Abuse](#)

Suicide Awareness

Suicide completion rates have surged to a 30-year high. In the US, over 121 people complete suicide a day.

Globally, over 800,000 suicides are reported each year, with many more going unreported.

[The Next Covid Crisis Could Be A Wave Of Suicides:](#)

Study predicts 75,000 “deaths of despair.”

[CDC says ¼ Americans 18-24 say they've considered suicide because of the pandemic](#)



Ninety Percent



90% of those who suicide have an underlying mental illness.

Suicide is the 10th leading cause of death in the U.S.

[National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/) at 1-800-273-8255. Will be 988 by July 2022.

(En Español: 1-888-628-9454; Deaf and Hard of Hearing: 1-800-799-4889).

Dual Diagnosis Statistics*



10.2m

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

* According to the [National Institute on Drug Abuse](#)

Cost of Behavioral Health Issues on the Workplace

Addiction costs workplaces \$500 billion a year in absenteeism, turnover, healthcare costs, low productivity, etc.



56%

Adults with mental
illness do not
receive treatment.

(Mental Health America, 2018)



Barriers to Care

- Shame
- Stigma
- Cost
- Time
- Racism: #BIPOCMentalHealth

How We Can Help

- Promote awareness & reduce stigma
- Provide information on prevention, early detection & intervention
 - How to make a referral
- Promote access to care
- Become a leader



Encourage Utilization of:

- **EAP Services**
 - Voluntary referrals
 - Supervisory referrals
 - Services for family members
 - Resources to alleviate stressors
 - Childcare & Eldercare
 - Legal & Financial
- **Flex Spending/Health Savings Accounts**
- **Sick benefits & FMLA for time as needed**
- **Insurance Benefits (Mental Health Parity Law)**
- **The NAMI HelpLine: 1-800-950-NAMI (6264) or info@nami.org**



Share Resources

- [United Healthcare](#) has launched a free (to anyone) 24/7 support line staffed by mental health experts: Call 866-342-6292
- Text HOME to 741741 to connect with a [Crisis Counselor](#)
- Most insurance companies are covering teletherapy and some like Aetna have waived copays for telemedicine.
- [Find a mental health center near you](#)
- [PsychologyToday's Find-A-Therapist Directory](#)



Conduct Mental Health Awareness Trainings

- The American Psychiatric Association Foundation Center for Workplace Mental Health's [Right Direction Program](#)
- [USA Mental Health First Aid](#)
- Employee Assistance Programs
- Corporate Trainings
- [Born this Way Foundation & the National Council for Behavioral Health: teen Mental Health First Aid \(tMHFA\) to the US.](#)



"Address mental health and...
we'll address our criminal justice issues,
we'll address a lot of our health-care issues,
we'll address a lot of our education issues,
and we'll address a lot of our economic issues.

The ripple effect of doing the right
thing in mental health is enormous."

PATRICK J. KENNEDY



*Be an
Advocate*





Legislative

- Advocacy within the Profession
- Professional Association Leadership
- Contacting state representatives
- Online petitions (change.org, etc.)
- Social media
- Community events

Advocacy Resources

[National Alliance on Mental Illness \(NAMI\)](#)

- [Advocate for Change—Vote4MentalHealth](#)
- Take the [StigmaFree Pledge](#) to #CureStigma
- [Share your story](#)
- Take action on [advocacy issues](#)
- [Walk for mental health](#)

[Depression and Bipolar Support Alliance Advocacy Center](#)

[Hope for the Day](#)

Hope for the Day's tagline is "It's okay not to be okay" and they provide education, outreach and action to break the silence around mental health.



Advocacy Resources

[iFred](#)

iFred's mission is to shine a positive light on mental health and eliminate stigma through prevention, research and education.

[Kennedy Forum](#)

The Kennedy Forum is working toward lasting change in the way mental health and addictions are treated in our healthcare system.

Visit www.DontDenyMe.org to enforce the Mental Health Parity Act.

[American Counseling Association Government Affairs: Voter Voice](#)



Racial Justice Advocacy Resources

- [Voices for Racial Justice](#)
- [American Civil Liberties Union](#)
- [Equal Justice Initiative](#)
- [Campaign Zero](#)
- [Color of Change](#)
- [Multicultural Division of the American Counseling Association](#)
- [Counselors for Social Justice](#)



Q/A & Resources

Evals & CE's
Presentation Slides
Resourceful Links
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**TEXT MENTAL HEALTH TO
33777**



Thank
You!

JM
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