

# 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



# External Sources of Stress

- Workplace requirements
- Household duties
- Dependent care
- Parenting responsibilities
- Unexpected events
  - COVID-19



# Internal Sources of Stress

- Negative attitudes and thoughts
- Self-sabotaging behaviors
- Poor self-care habits
- Unrealistic expectations
- Not accessing support



# Signs & Symptoms of Stress

- Physical
- Emotional
- Cognitive
- Social
- Financial



# 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
- Challenges managing uncertainty and change
- Financial fears
- Relationship conflict
- Loneliness and isolation





# Stressors of COVID-19

- Feelings of [grief and loss](#)
  - changes in routine
  - loss of social support
  - cancelled events or inability to attend events
  - inability or less ability to see loved ones who are at risk
- Difficulty concentrating
- Distorted sense of time
- Changes in productivity
- PTSD
- Increase in stress, anxiety and depression
- Increase in substance abuse
- Racial disparities in impact and care



# Impact on Clinicians & Mental Health Workers

- Increasing demands
- Need for collaboration & communication
- Need for support
- Call to be educators and advocates

# What is Stress?

# What is Burnout?

- Stress is the body's physical and psychological response to anything perceived as overwhelming
- Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress



# Signs and Symptoms of Burnout

## Feelings of:

- Powerlessness
- Hopelessness
- Detachment
- Isolation
- Irritability
- Frustration
- Failure
- Despair
- Cynicism
- Apathy
- Emotional exhaustion

## Decrease in:

- Self-esteem
- Concentration
- Memory

## Increase in:

- Errors
- Absenteeism
- Hypochondria
- Sleep disruption

# Mental Health Awareness



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

70% are in the workforce.

Front line workers at higher risk for PTSD and other mental health disorders during COVID-19. (articles on landing page)



# 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.

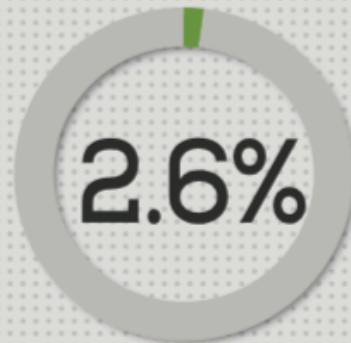


# Mental Health Awareness

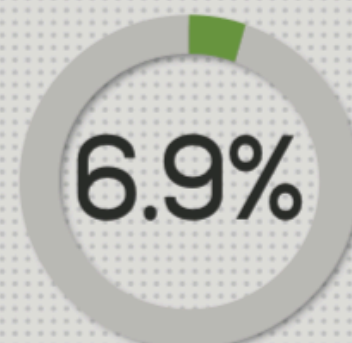
## Prevalence of Mental Illness by Diagnosis



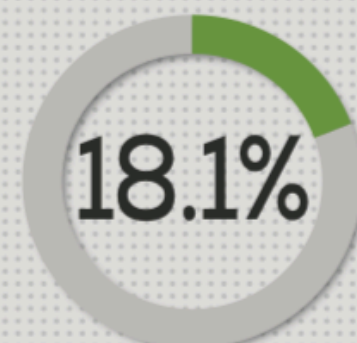
1 in 100 (2.4 million) American adults live with schizophrenia.<sup>1</sup>



2.6% (6.1 million) of American adults live with bipolar disorder.<sup>1</sup>



6.9% (16 million) of American adults live with major depression.<sup>1</sup>



18.1% (42 million) of American adults live with anxiety disorders.<sup>1</sup>

# Minority Mental Health Awareness

[July is Minority Mental Health Awareness Month](#)

[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

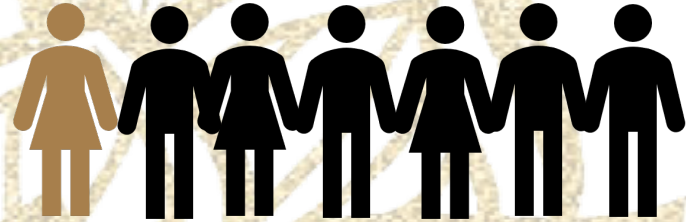
- LGBTQ+ individuals are twice as likely to experience a mental health disorder during their lifetime due to stigma and trauma.
- [Society for Sexual, Affectional, Intersex, and Gender Expansive Identities](#)
- [Human Rights Campaign](#)
  - Time to Thrive



# Substance Abuse Awareness Statistics\*



**1 out of 10**  
Americans have a drug  
or alcohol problem

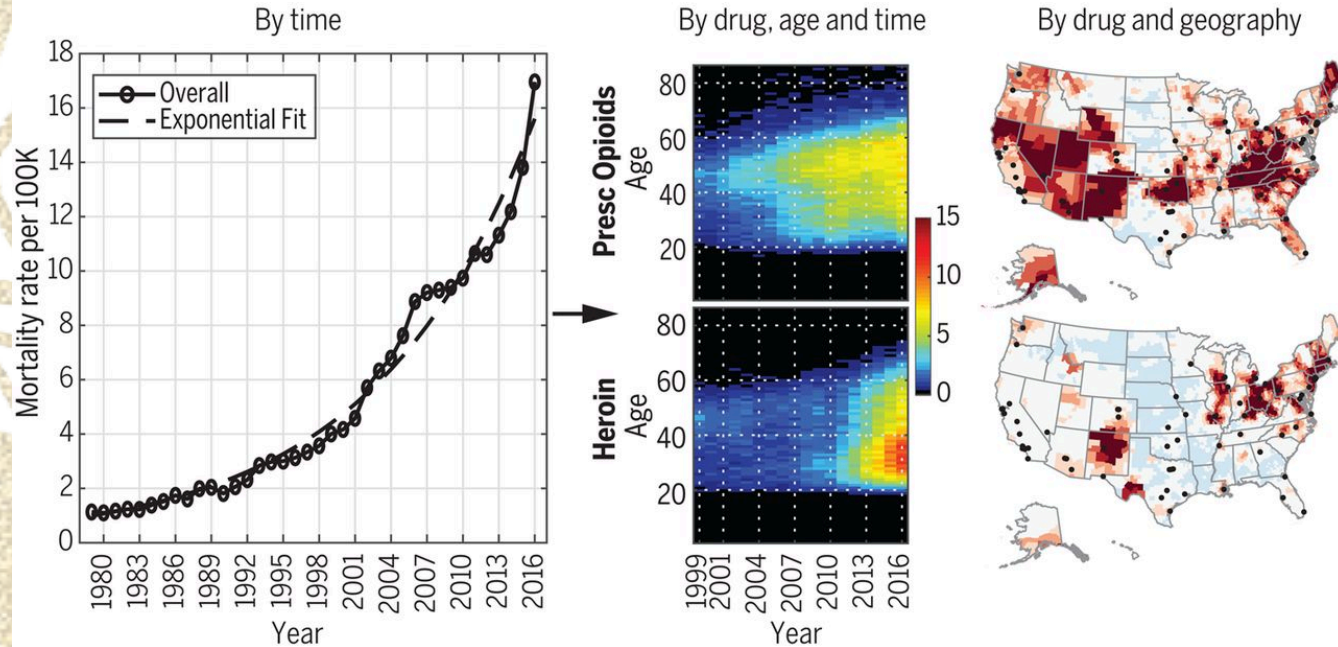


**1 out of 7**  
of us have a family  
member with a problem

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

# Substance Abuse Awareness Statistics\*

## Overdose Mortality Rate



**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.

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

In the US, over 121 people complete suicide a day.

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

Study predicts 75,000 “deaths of despair.”



# Ninety Percent



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

Suicide is the 10<sup>th</sup> leading cause of death in the U.S.

# Dual Diagnosis Statistics\*



\* 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](mailto:info@nami.org)**



# 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



"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](http://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](#)

#BlackLivesMatter





# Q/A & Resources

Evals & CE's  
Presentation Slides  
Resourceful Links  
Additional Information

**TEXT MENTAL HEALTH TO  
33777**



Thank  
You!

JM  
JOYCE MARTER

TEXT  
MENTALHEALTH  
TO 33777

[www.joyce-marter.com](http://www.joyce-marter.com)

[joyce@joyce-marter.com](mailto:joyce@joyce-marter.com)



@Joyce\_Marter



joyce.marter



Joyce Marter, LCPC



Joyce Marter



Joyce Marter