

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.

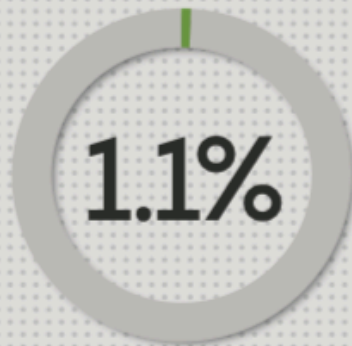


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

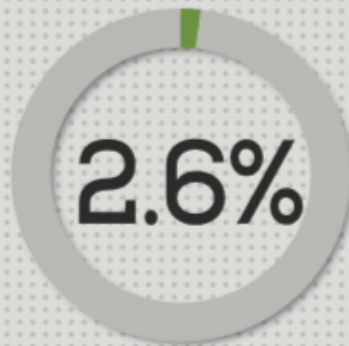


Mental Health Awareness

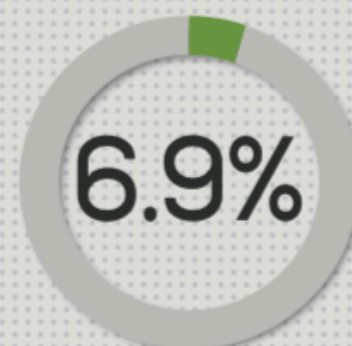
Prevalence of Mental Illness by Diagnosis



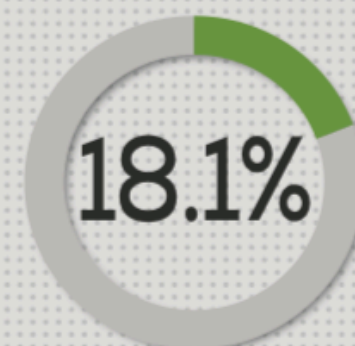
1 in 100 (2.4 million) American adults live with schizophrenia.¹



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

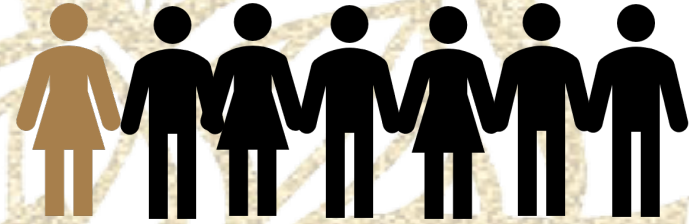
- LGBTQ+ individuals are twice as likely to experience a mental health disorder during their lifetime due to stigma and trauma.
- [Society for Sexual, Affectional, Intersex, and Gender Expansive Identities](#)
- [Human Rights Campaign](#)
 - Time to Thrive



Substance Abuse Awareness Statistics*



1 out of 10
Americans have a drug
or alcohol problem

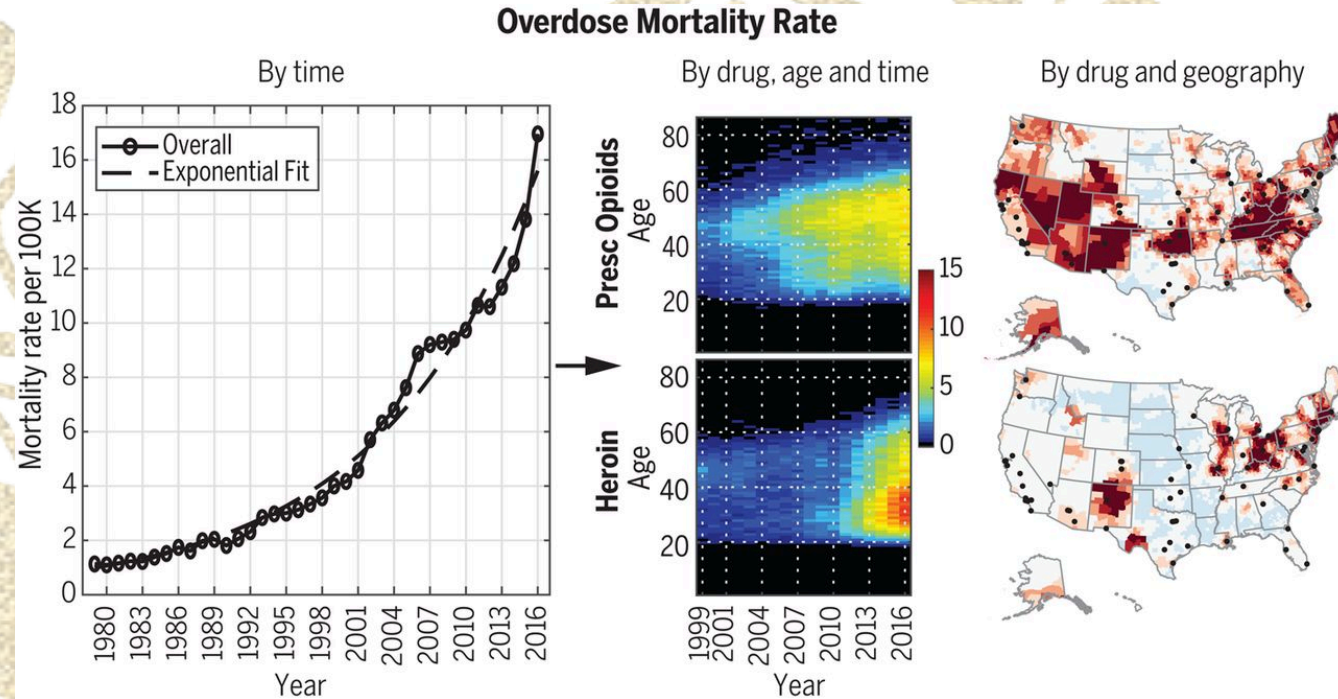


1 out of 7
of us have a family
member with a problem

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](https://www.nida.nih.gov/)

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

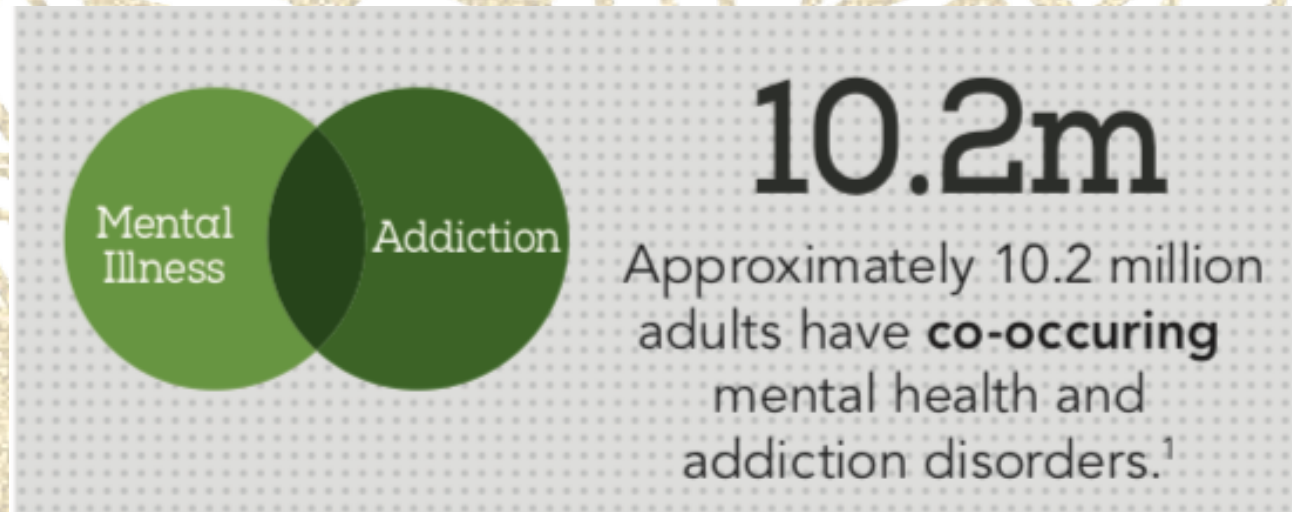


90% of those who suicide have an underlying mental illness.

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

[National Suicide Prevention Lifeline](#) 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*



* 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
Additional Information

**TEXT MENTAL HEALTH TO
33777**



Thank
You!

JM
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