

Mental Health Awareness

Breaking the Stigma and
Promoting Access to Care



Objectives

- Recognize the signs & symptoms of the common mental health challenges of the pandemic
- Promote mental health awareness
- Break the stigma and stop the silence
- Create a compassionate culture
- Promote access to care



The Stress Epidemic

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 the Pandemic

- Concerns for health & safety of self & loved ones
- Adjustments to working remotely and differently for essential workers
- Sheltering in place with loved ones
- Loneliness and isolation
- Dependent care—new demands such as homeschooling



Stressors of COVID-19

- Less social support
- Financial fears & stress—unemployment
- Racial injustice issues coming to the forefront
- Political divide and unrest
- Challenges managing uncertainty and change
- Reentry



Signs & Symptoms of Stress

- Physical
- Emotional
- Cognitive
- Relational



Stress vs 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 & Symptoms of Burnout

Feelings of:

- Powerlessness
- Hopelessness
- Detachment
- Isolation
- Irritability
- Frustration
- Failure

Decrease in:

- Despair
- Cynicism
- Apathy
- Emotional exhaustion

Increase in:

- Errors
- Absenteeism
- Physical complaints
- Sleep disruption

Mental Health Implications

- Feelings of grief and loss
- Increase in stress, anxiety and depression
- Increase in substance abuse
- Relationship conflict, abuse, violence
- PTSD/Trauma
- Increase in suicide



Mental Health Continuum

In Crisis

Very anxious
Very low mod
Absenteeism
Exhausted
Very poor sleep
Weight loss

Struggling

Anxious
Depressed
Tired
Poor performance
Poor sleep
Poor appetite

Surviving

Worried
Nervous
Irritable
Sad
Trouble Sleeping
Distracted
Withdrawn

Thriving

Positive
Clam
Performing
Sleeping Well
Eating normally
Normal social
activity

Excelling

Cheerful
Joyful
Energetic
High performance
Flow
Fully realizing
potential

Mental Health by the Numbers

1 in 4 Americans experience a mental health condition (per year)

1 in 25 live with a serious mental health condition

42 million deal with an anxiety disorder

16 million deal with major depression

Over 6 million are managing bipolar disorder



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.
- LGBTQ+ individuals are twice as likely to experience a mental health disorder during their lifetime due to stigma and trauma. Human Rights Campaign



Early Detection of Mental Illness

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating/learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding/relating to other people
- Changes in sleeping habits or feeling tired

Early Detection of Mental Illness

- Changes in eating habits
- Difficulty perceiving reality
- Inability to perceive changes in one's own feelings, behavior or personality
(lack of insight)
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

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](#)

Addiction Issues: Signs & Symptoms

- Inconsistency
- Relational problems
- Denying responsibility
- Physical complaints
- Lying/secretcy
- Sleep disturbance
- People around who enable
- Financial/legal consequences
- Problems handling conflict
- Performance problems
- Denial/rationalization/. minimizing
- Not morning people/high absenteeism

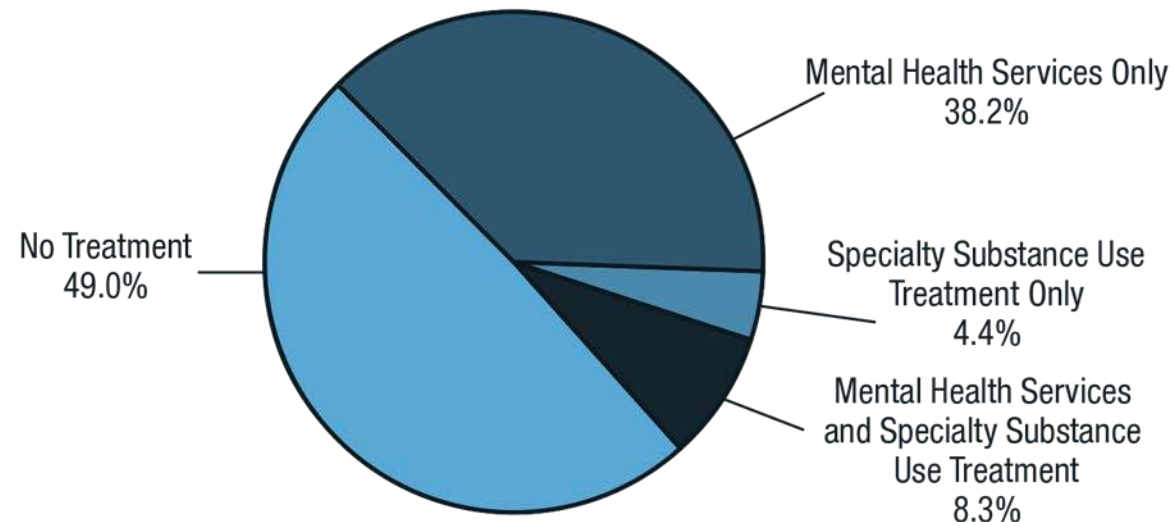


Dual Diagnosis Statistics*



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

Receipt of Mental Health Services and Substance Use Treatment in the Past Year Aged 18 or Older 2017



8.5 Million Adults with Co-Occurring Mental Illness and Substance Use Disorders

Note: Mental health service is defined as having received inpatient care or outpatient care or having used prescription medication for problems with emotions, nerves, or mental health. Specialty substance use treatment refers to treatment at a hospital (inpatient only), rehabilitation facility (inpatient or outpatient), or mental health center in order to reduce or stop drug or alcohol use, or for medical problems associated with drug or alcohol use.

Note: The percentages do not add to 100 percent due to rounding.



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.
- Risk of suicide for people aged 18-24 highest during pandemic
- 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 10th leading cause of death in the U.S.

HAVE HOPE

**IT'S OK
NOT TO BE OK**



**National Suicide
Prevention Lifeline:
800-273-8255**

**Hours: Available 24
hours. Languages:
English, Spanish.**

[Learn more](#)

Suicide Warning Signs

- Hopelessness
- Despair
- Isolation
- Lack of engagement
- Avoiding future talk
- Passive statements as clues
- Cries for help
- Increased use of drugs or alcohol
- Sleeping too little or too much
- Acting anxious, agitated or restless
- Talking about having no purpose

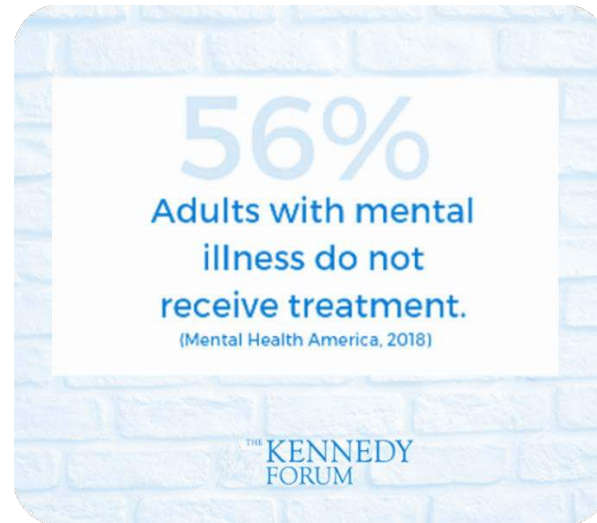
Suicide Prevention

- Tell someone—speak up
- Call a hotline
- Call 911
- Go to ER
- Err on the side of caution; don't minimize or delay



Barriers to Care

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



Stigma

- Cultural
- Gender-based
- Mental health issues viewed as weakness
- We all have mental health just as we have physical health



**WE MAY
BE APART,
BUT WE'RE
IN THIS
TOGETHER.**

**We ALL have mental health
issues as part of being human**

**Your mental health is a
normal response to your
nature & nurture**

Genetic predisposition

**Stressors versus support and
self-care**

Stomp Out Stigma

- Having mental health issues:
- Is not our fault
- Does not mean we are crazy
- Is not a weakness
- Is not something you just “get over” or “push through”
- Treatment is available & effective
- Life changing & life saving



Breaking the Stigma

- Be mindful of language related to mental health & addiction
- Avoid use of these terms in a negative connotation:
- Bipolar, alcoholic, etc.
- Refrain from terms that foster shame & stigma:
- Crazy, wacko, insane, unhinged, mental case, psycho



STOP SHAMING PEOPLE FOR:

taking medication for mental health

being in therapy

showing symptoms of mental illness

relapsing in recovery

using coping methods that differ from yours

past trauma

using humor to cope

visible, healed self harm scars

suicidal thoughts or ideation

being open with their mental health

not being ready to talk openly about their mental health

**Stop
Shame &
Blame**

Create a Collaborative Culture

- Avoid phrases that discourage support & collaboration:
 - "man up"
 - "power through"
 - "put on your big girl pants"
 - "suck it up"
- Speak in terms of "I, We and Us" versus "You and Them"



Compassion

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

MAYA ANGELOU



Practice Compassion

- Don't assume you know what others are feeling
- Ask how they are doing
- Listen actively
- Don't minimize or argue with feelings
- Avoid judgment
- Ask for what they need



Empathy

- Must important relational tool
- Put yourself in the other's shoes
- Deep understanding
- Reflect understanding of other's feelings with kindness and compassion
- Shared emotional experience
- Keep a developmental lens
- [Useful article](#)



Empathic vs Non-Empathic Responses

"It is completely understandable that you are upset. (Validating)

"Don't let it get you that upset. You shouldn't feel that way." (Invalidating)

"That must have been really disappointing. I imagine you feel very frustrated."
(Empathic, recognizing feelings.)

"It's not that big of a deal. What's our schedule today?" (Minimizing, Under-responsive)

"I felt similarly when I went through XYZ. How can I help?" (Relating, Normalizing,
Supportive)

"I wouldn't care if that happened to me. You are too sensitive. Buck up." (Critical)

4 Steps to Providing Support

- Approach: state what you are noticing in a kind, compassionate and confidential manner
- Listen: without judgment and respond with empathy
- Give reassurance, information and resources
- Be the bridge: Encourage professional help, support & follow-up
- How to make a referral [video](#) & [article](#)



Define Your Role

What are your responsibilities?

- Education
- Resources
- Intervention
- Know and update Policies & Procedures

What are not your responsibilities?

- To diagnose or determine their degree of suffering /impairment
- To be a therapist
- Treatment outcome



Speak Up & Ask for Support

- Avoid isolating with your feelings
- Connect with others
- Speak up & share openly
- Ask for what you need
- Create and participate in online communities
- Utilize teletherapy



Barriers to Accessing Support

- Busyness
- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness
- COVID-19 safety precautions

Utilize Your Benefits

- Vacation
- Sick benefits & FMLA for time as needed
- Insurance Benefits (Mental Health Parity Law)
- EAP Services
- Flex Spending/Health Savings Accounts



Understanding Mental Health Providers

- **Psychiatrists (MD)** provide medication and sometimes therapy.
- **Psychologists (PhD, PsyD)** provide therapy and sometimes testing.
- **Therapists (LCPC, LCSW, LMFT)** provide therapy.



Free Self Test Tools

- psychologytoday.com/us/tests
- psychcentral.com/quizzes/



Support 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.



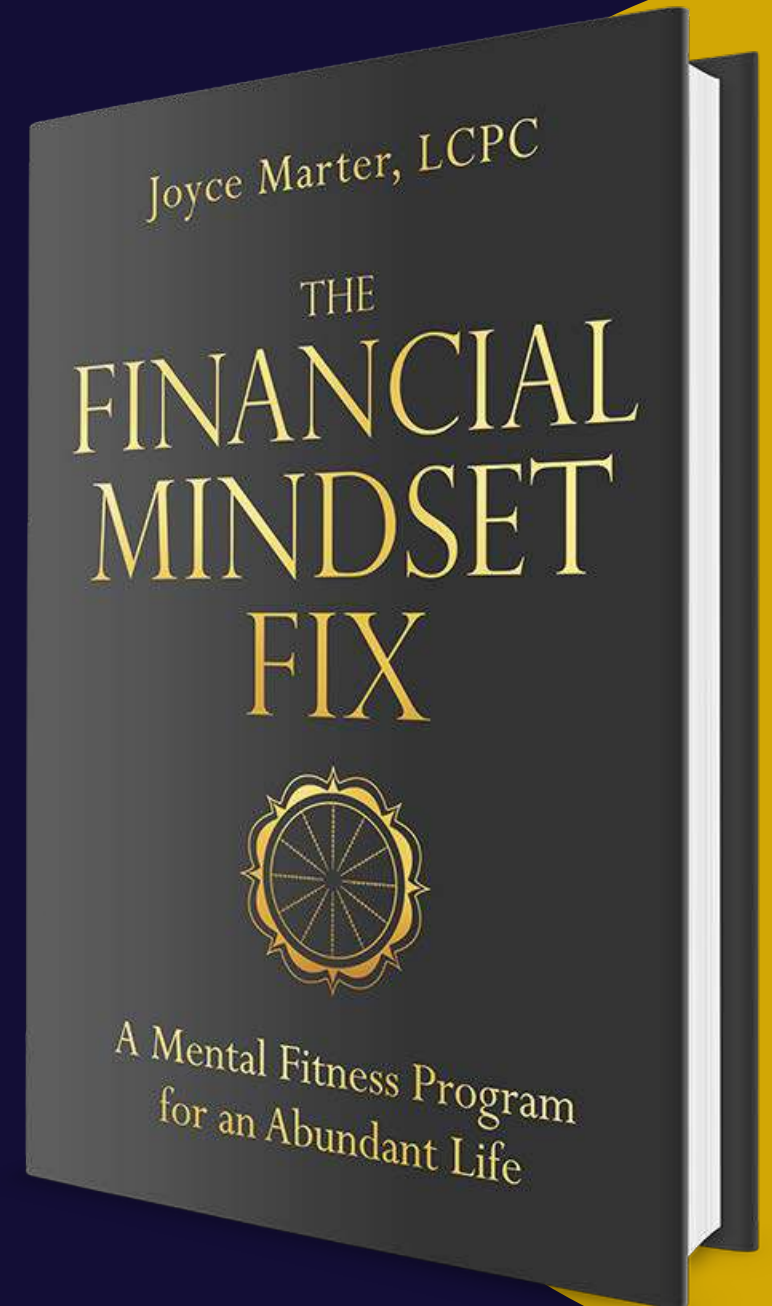
KEEP (doing)	START (doing)	STOP (doing)

**What are
you going
to do now?**

**Open yourself up to
a life of greater
prosperity, joy,
and happiness**

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FINANCIAL MINDSET FIX TODAY!

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