

What's That Mean?

Mental health – related to psychological and emotional well-being.

Mental Illness – health conditions that involve changes in emotions, thinking, or behavior.

Depression – a disorder related to constantly depressed mood, and loss of interest in activities, causing significant impairment in daily life.

Anxiety – a disorder related to excessive feelings of worry or fear that are strong enough to interfere with daily activities.

Bipolar Disorder – a disorder associated with mood swings from depressive lows to manic highs.

Schizophrenia – a disorder related to thoughts and experiences that seem out of touch with reality.

Forbes estimates that 200 million workdays are lost annually due to mental health issues.



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

How Are You? Really?

There was a time not too long ago when mental and emotional health was stigmatized and only talked about when referring to severe mental illnesses. Physical health is more straightforward and easier to diagnose and treat (for the most part). Mental and emotional issues are very dependent on a person's experience. Additionally, diagnosis and treatment require that individuals talk about problems, worries, concerns, and issues they are facing; something that many are not good at doing.

Today though, mental and emotional health are seen as equally important to physical health; both contribute to a person's overall well-being. However, many people don't prioritize their mental health like they do their physical health.

The CDC reported that:

- 50% of people in the US, (adults, children, men, women, elderly and young) will be diagnosed with some form of mental illness or disorder.
- 1 in 5 will experience a mental health issue in a given year
- 1 in 25 lives with a serious mental illness (schizophrenia, bipolar disorder, or major depression)

Sometimes, individuals are suffering so much that they see suicide as their only solution. Unfortunately, the construction and extraction (mining) industries have the highest suicide rate.

The good news is that awareness is spreading faster than ever before, and multiple organizations want to help prevent these tragedies.

“But, I don't know anything about mental health. How can I do anything?”

First, recognize the signs of someone who may be having suicidal thoughts.

- Increased alcohol and drug use
- Withdrawing from friends, family, and community
- Dramatic mood swings
- Impulsive reckless behavior
- Comments like, “Nothing matters,” or “It doesn't make a difference if I'm here.”

Second, ask the person how they are, show care and concern, and listen. Seek to understand and empathize, rather than try to solve their problem. Showing concern lets others know that they are not alone, and oftentimes will be the catalyst they need to engage in seeking professional help.

Finally, if someone is in crisis, call for help. 988 is the National Suicide and Mental Health Crisis Hotline. People may call it any time to get help for themselves, or to get help for others.

So, how are you? Really?

