

Mental Health Awareness Month

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WELCOME

THANK YOU

YOU MAKE A DIFFERENCE



ORIGIN AND PURPOSE

- ▶ Mental Health Awareness Month (MHAM) was established in 1949 by the National Association of Mental Health

TO

- ▶ Bring awareness of mental health issues, celebrate recovery, and encourage access to care

BY

- ▶ Emphasizing education, advocacy, and community engagement to support mental well-being

THE EFFECTS OF POOR MENTAL HEATH

Poor mental health can directly impact sleep, your ability to function effectively, relationships, work, how you see yourself.



What is Mental Health?

- ▶ It is a critical component of overall health
- ▶ Emotional, social, and psychological well-being

EMOTIONAL WELL-BEING

- ▶ The ability to manage thoughts and feelings even through challenges
- ▶ Involves having a sense of purpose and meaning
- ▶ Positively dealing with uncertainty and stress
- ▶ Being able to look for solutions
- ▶ Asking for help

SOCIAL WELL-BEING

- ▶ The ability to have meaningful relationships/connections.
- ▶ To have a sense of community
- ▶ Social well being helps us feel accepted and valued

PSYCHOLOGICAL WELL-BEING

MORE THAN YOUR STATE OF MIND.

SENSE OF SELF

- ▶ Purpose/growth
- ▶ Understanding your personal values
- ▶ Having the ability to navigate the environment

PROMOTE MENTAL HEALTH

- ▶ Stop the Stigma
- ▶ Know that it is ok to ask for help
- ▶ Participate in community events for education and resources
- ▶ Advocate for yourself
- ▶ Self-Care
- ▶ Stay Active
- ▶ Boundaries
- ▶ Check in on family and friends
- ▶ Practice Gratitude

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