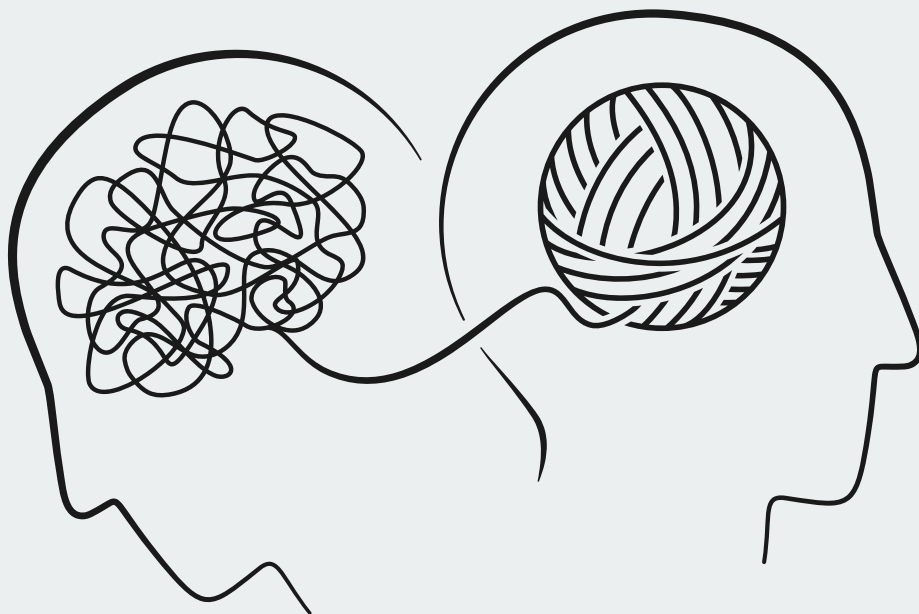


**Mental Illness
Awareness Week + World
Mental Health Day**

OCTOBER 3-10, 2022



Themes for MIAW 2022

The theme for Mental Illness Awareness Week 2022 is "What I Wish I Had Known" with a focus on lived experiences and education. Each day of the week covers a different topic within mental illness.

Monday Oct. 3: Stigma

Tuesday Oct. 4: Medication

[National Day of Prayer for Mental Illness Recovery and Understanding]

Wednesday Oct. 5: Therapy

Thursday Oct. 6: Disclosing

[National Depression Screening Day]

Friday Oct. 7: Caregiving



Quick Facts on Mental Illness

1 in 5 U.S. adults experience mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the 2nd leading cause of death among people aged 10-14

ANNUAL PREVALENCE OF MENTAL ILLNESSES, U.S. ADULTS

Major Depressive Episode: 8.4% (21 million people)

Schizophrenia: <1% (estimated 1.5 million people)

Bipolar Disorder: 2.8% (estimated 7 million people)

Anxiety Disorders: 19.1% (estimated 48 million people)

Posttraumatic Stress Disorder: 3.6% (estimated 9 million people)

Obsessive Compulsive Disorder: 1.2% (estimated 3 million people)

Borderline Personality Disorder: 1.4% (estimated 3.5 million people)

Prevalence of Mental Illness by Demographic

ANNUAL PREVALENCE OF MENTAL ILLNESS AMONG U.S. ADULTS, BY DEMOGRAPHIC GROUP:

Non-Hispanic Asian: 13.9%

Non-Hispanic white: 22.6%

Non-Hispanic Black or African American: 17.3%

Non-Hispanic American Indian or Alaska Native: 18.7%

Non-Hispanic mixed/multiracial: 35.8%

Hispanic or Latino: 18.4%

Lesbian, Gay or Bisexual: 47.4%



ANNUAL PREVALENCE OF TREATMENT FOR ANY MENTAL ILLNESS AMONG U.S. ADULTS, BY DEMOGRAPHIC GROUP:

Male: 37.4%

Female: 51.2%

Lesbian, Gay or Bisexual: 54.3%

Non-Hispanic Asian: 20.8%

Non-Hispanic white: 51.8%

Non-Hispanic Black or African American: 37.1%

Non-Hispanic mixed/multiracial: 43.0%

Hispanic or Latino: 35.1%

Monday

WHAT I WISH I'D KNOWN ABOUT...STIGMA

Stigma around mental illness is harmful because...

- It can prevent people experiencing mental illness from seeking help
- Promotes a lack of understanding and empathy
- Leads to fewer opportunities for people coping with mental illness to seek out employment, social interactions, etc.
- Self-doubt, or invalidation of the real challenges associated with mental illness

.....

Ways we can work to break the stigma surrounding mental illness:

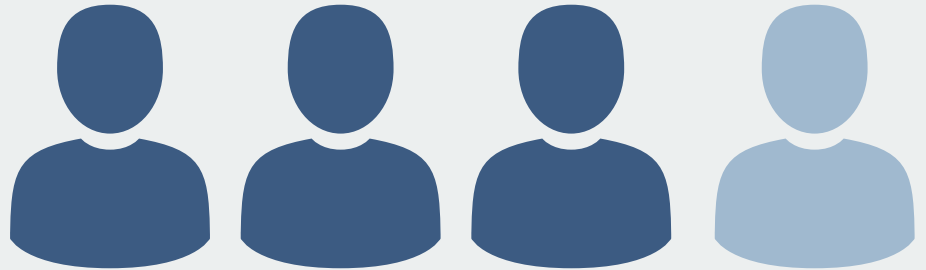
- Avoid labeling people by their diagnoses or condition (ex. calling someone 'psychotic' rather than saying 'someone who is experiencing psychosis')
- Learning the facts about mental illness and being more aware of the effect and prevalence it has on society
- Avoid making stereotypical or insensitive comments about mental illness

Tuesday

WHAT I WISH I'D KNOWN ABOUT...MEDICATION

There are many different types of medication such as...

- Antidepressants (SSRI, SNRI, Tricyclic antidepressants)
- Mood Stabilizers
- Stimulants
- Antipsychotics



Pandemic has led to a massive increase in medication for mental health

1/4 people over 18 have been prescribed mental health medications

Pharmacogenetic Testing:

Pharmacogenetic testing is a tool used by doctors to determine one's potential response to certain medication possibilities. This testing can help determine which medication might work best for you based off of your genetic makeup, and it is as simple as a cheek swab!



Great TED Talk about lifestyle changes for managing mental health (by a KU professor)!

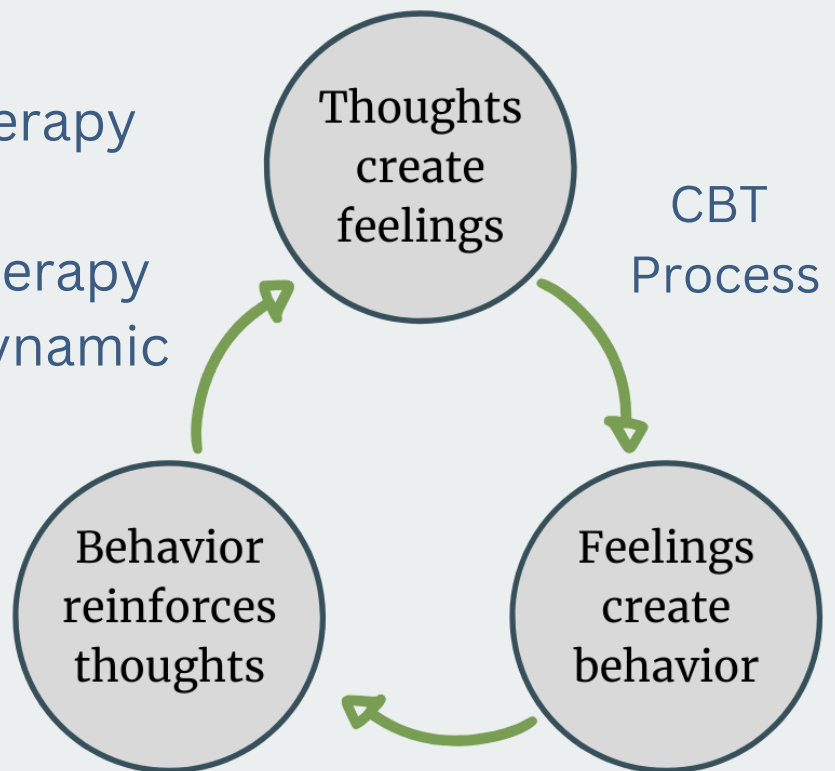
Wednesday

WHAT I WISH I'D KNOWN ABOUT...THERAPY

Types of Therapy:

Cognitive Behavioral Therapy
Psychotherapy
Dialectical Behavioral Therapy
Psychoanalysis/Psychodynamic
Exposure Therapy

1 out of 6
Americans
started or
attempted some
form of therapy
in 2020



Just as you would go to the doctor when you do not feel good, you can go to a therapist for your mental health.

You do not need to be at your lowest point to get help!

Find A Therapist:

<https://www.goodtherapy.org/>

Therapists near Lawrence, KS

<https://openpathcollective.org/find-a-clinician/?>

https://openpathcollective.org/find-a-clinician/?action=search_fetch&pagination=0&address=Lawrence&distance=50&remote&online&n&specialties&treatment&languageðnicity&modality&age

Thursday

NATIONAL DEPRESSION SCREENING DAY

Why Screen For Depression?

Clinical depression is a medical condition that should be taken seriously, just as any physical illness would. Major Depressive Disorder (MDD) is one of the most common mental illnesses, affecting almost 7% of adults annually.

However, only about 1/3 of people diagnosed with severe depression seek proper treatment (National Center for Health Statistics, 2014).

Clinical depression and other depressive disorders affect all genders, races, ages, and socioeconomic groups. If you or someone you know has been experiencing signs of a depressive disorder, screening is often the first step in finding help.

On the next page, there are links to online screening tools and resources.

***Screening for a depressive disorder does not result in a diagnosis. However, it is a great place to start if you are experiencing signs associated with mental illness. ***

Thursday

NATIONAL DEPRESSION SCREENING DAY

Below are links to online depression screening as well as additional information about depression, screening, and what to expect:

Online Depression Screening, Mental Health America:

<https://screening.mhanational.org/screening-tools/depression?ref=https%3A//www.mhanational.org/national-depression-screening-day&ipiden=f92bb000d674778306b19df1b61cf555&show=1>

Screening for Depression, Anxiety and Depression Association of American:

<https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-depression>

(This test is meant to be taken, printed, and shared with a health care professional if you suspect you may be suffering from a depressive disorder.)

For more information about depression, the warning signs, different types of depression, and more, click the article below:

<https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm>

For more information about the depression screening process and what to expect, click the link below:

<https://medlineplus.gov/lab-tests/depression-screening/>

***Screening for a depressive disorder does not result in a diagnosis. However, it is a great place to start if you are experiences signs associated with mental illness. ***

Friday

WHAT I WISH I'D KNOWN ABOUT...CAREGIVING

College students make up 1/3 of caregivers for someone with a mental illness (ages 18-29).

Ways to Care For Someone Living With a Mental Illness:

- Show patience. Recovery can be a slow process!
- Show empathy for them and what they are going through
- Do not be judgmental
- Have a crisis/emergency plan



Important Reminders:

- There are many ways you can care for someone dealing with mental illness- there is no "right way" to do this! Talk with them about how you can best support them and their needs.
- Take care of your own mental health needs as well! Caregiving is a hard task and can be tolling. It is important to give yourself grace as well.
- You are not to blame if things get difficult.

National Family Caregiver Support Program

<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

About World Mental Health Day

THEME FOR 2022

**Make mental health
& well-being for all
a global priority**



World mental health report

Transforming mental health for all

Key shifts to transform mental health for all

BEFORE

- 01 Limited value and attention to mental health
- 02 Widespread stigma and discrimination
- 03 Services are underfunded and underresourced
- 04 Little acknowledgement of the determinants of mental health
- 05 Few and fragmented promotion and prevention programmes
Predominantly biomedical approach to care
- 06 Care that ignores people's own perspectives, priorities and human rights
- 07 Mental health care is only provided by the health sector
- 08 Fragmented services with uneven access and coverage
- 09 Care centred on psychiatric hospitals
- 10 Mental health care not available in primary health care
- 11 Community providers and informal support for mental health are ignored
- 12

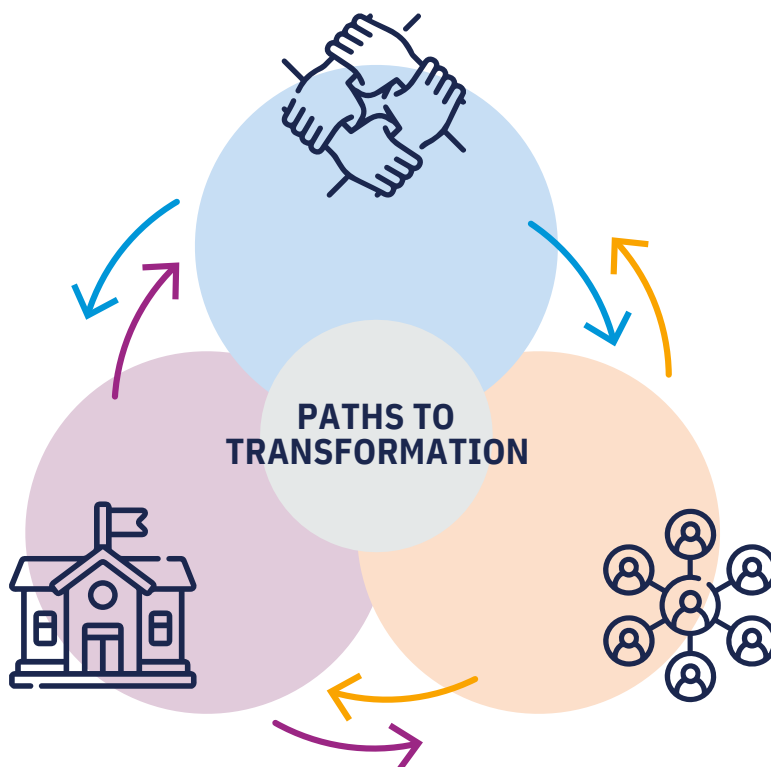
AFTER

- 01 Mental health is valued by all
- 02 Equal participation in society free from discrimination
- 03 Services are appropriately budgeted and resourced across sectors
- 04 Real and active multisectoral collaboration on the determinants of mental health
- 05 Strategic and well-functioning promotion and prevention programmes
- 06 A balanced, evidence-based biopsychosocial approach to care
- 07 Person-centred, human rights-based, recovery-oriented care
- 08 Mental health care is embedded in services across sectors
- 09 Coordinated services with universal health coverage
- 10 Network of community-based mental health services
- 11 Mental health care integrated in primary health care
- 12 Community providers and informal support are activated and strengthened to support people

World mental health report

Transforming mental health for all

Three transformative paths towards better mental health



DEEPEN VALUE AND COMMITMENT

- Understand and appreciate intrinsic value
- Promote social inclusion of people with mental health conditions
- Give mental and physical health equal priority
- Intensify engagement across sectors
- Step up investment in mental health



RESHAPE ENVIRONMENTS

- Reshape physical, social and economic characteristics of different environments for mental health, including
 - homes
 - schools
 - workplaces
 - health care services
 - communities
 - natural environments



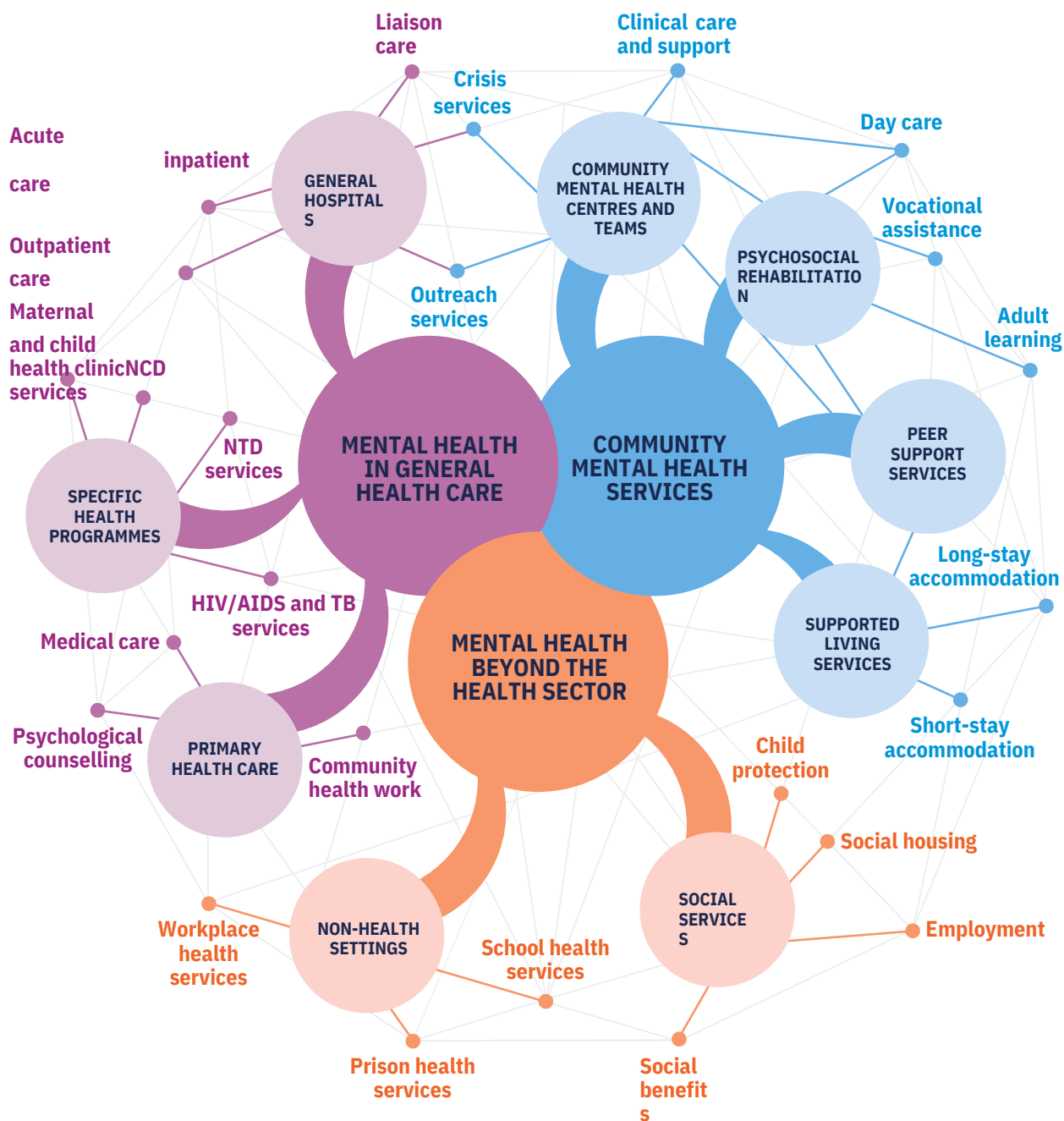
STRENGTHEN MENTAL HEALTH CARE

- Build community-based networks of services
- Move away from custodial care in psychiatric hospitals
- Diversify and scale up care options
- Make mental health affordable and accessible for all
- Promote person-centred, human rights-based care
- Engage and empower people with lived experience

World mental health report

Transforming mental health for all

Model network of community-based mental health services



This services model needs to be adapted to local contexts. Every country, no matter its resource constraints, can take steps to restructure and scale up mental health care.

Resources

4Teen24

www.4teen24.org

NAMI, National Alliance on Mental Illness-

<https://www.nami.org/>

NIMH, National Institute of Mental Health-

<https://www.nimh.nih.gov/health>

Grant Halliburton Foundation, Resources for Teens-

<https://www.granthalliburton.org/forteens>

The Trevor Project for LGBTQ+ Youth-

<https://www.thetrevorproject.org/>

Minority Mental Health, Mental Health America-

<https://www.mhanational.org/minority-mental-health>

Grant Halliburton Foundation, Resources for Educators-

<https://www.granthalliburton.org/foreducators>

9888

Suicide and Crisis Lifeline
is **now available!**

As of July 2022, you can now text or call 988 to reach the Suicide and Crisis Lifeline (previously known as the National Suicide Prevention Lifeline). This confidential resource is available 24/7, 365 for those in need.

988 is a resource for anyone experiencing a mental health crisis, suicidal thoughts and ideation, substance abuse, or emotional distress. 988 can also be used to help find support if worried about a loved one.

You are never alone.

www.4teen24.org

Best Books on Mental Health

On Habits, Thoughts

THINKING FAST AND SLOW BY DANIEL KAHNEMAN

ATOMIC HABITS BY JAMES CLEAR

GET OUT OF YOUR HEAD BY JENNIE ALLEN

NOISE: A FLAW IN HUMAN JUDGEMENT BY DANIEL KAHNEMAN

On Trauma, Breaking the Cycle

IT DIDN'T START WITH YOU BY MARK WOLYNN

THE PEOPLE WE KEEP BY ALLISON LARKIN

THE BODY KEEPS THE SCORE BY BESSER VAN DER KOLK

WHAT HAPPENED TO YOU? BY OPRAH WINFREY

On Personal Connections

ATTACHED BY DR. AMIR LEVINE

THE PEOPLE WE KEEP BY ALLISON LARKIN

CONNECTED BY NICHOLAS A. CHRISTAKIS

**You
Matter.**

**You
Are
Never
Alone!**

4Teen24, 2022