

**MENTAL  
HEALTH**



**AWARENESS  
MONTH**

Pi Beta Phi 2023

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# REPORT ON MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month in 2023 was once again a success nationwide. With growing recognition of the importance of mental well-being, this month provided a powerful platform to educate, raise awareness, and reduce the stigma surrounding mental health awareness. Throughout May, various organizations, mental health advocates, and communities came together to promote mental health awareness and foster a supportive environment for those affected.

Education played a crucial role during this month, with workshops, seminars, and conferences organized to enhance public understanding of mental health conditions. Prominent mental health professionals, researchers, and individuals with lived experience shared their insights, providing valuable information about different mental illnesses, their symptoms, available treatments, and the importance of seeking help.

Social media platforms have continued to be instrumental in creating and spreading awareness in mental health. People shared their personal stories, encouraged open conversations, and utilized hashtags like #MentalHealthMatters and #BreakTheStigma to create a global dialogue. Curated hashtags, such as #LookAroundLookWithin, were used to spread posts around this year's theme by Mental Health America.

Mental health screening campaigns were another highlight of the month. These campaigns aimed to encourage individuals to assess their mental well-being and seek professional help if necessary. Online and in-person screenings provided participants with a better understanding of their mental health and directing them towards appropriate support systems.

Additionally, mental health policies and legislations were discussed and advocated for during this month. The goal was to improve access to mental health services, ensure parity between mental and physical health care, and address systemic barriers that hindered individuals from receiving appropriate support.

Mental Health Awareness Month in 2023 marked a significant step forward in destigmatizing mental health issues, promoting understanding, and fostering a more supportive society. By encouraging open conversations, educating the public, and providing resources and support, this month played a crucial role in creating a global movement that emphasized the importance of mental well-being throughout the year.

# Mental Health Library - Terminology

1. **Mental Health:** Refers to a person's emotional, psychological, and social well-being. It encompasses how individuals think, feel, and act, and it influences how they handle stress, relate to others, and make choices.
2. **Mental Illness:** A medical condition that affects a person's thinking, feeling, mood, behavior, or a combination of these factors. Mental illnesses can vary in severity and can interfere with a person's daily functioning and quality of life.
3. **Stigma:** Negative attitudes, beliefs, and stereotypes surrounding mental health conditions that can lead to discrimination, social exclusion, and barriers to seeking help and support.
4. **Therapy/Counseling:** The process of meeting with a mental health professional to address and work through mental health challenges. Different types of therapy include talk therapy, cognitive-behavioral therapy (CBT), psychotherapy, and more.
5. **Psychiatrist:** A medical doctor who specializes in the diagnosis, treatment, and management of mental health disorders. Psychiatrists can prescribe medication and provide therapy.
6. **Psychologist:** A professional who specializes in assessing, diagnosing, and treating mental health conditions. Psychologists typically provide therapy and counseling but cannot prescribe medication.
7. **Self-Care:** Practices and activities that individuals engage in to take care of their mental, emotional, and physical well-being. Self-care can include activities like exercise, mindfulness, hobbies, spending time with loved ones, and seeking support when needed.
8. **Resilience:** The ability to adapt and bounce back in the face of adversity, stress, or challenging circumstances. Building resilience is an important aspect of mental health and can help individuals cope with difficulties.
9. **Well-being:** A state of overall good health, happiness, and satisfaction in various aspects of life, including physical, mental, and emotional well-being.
10. **Mindfulness:** The practice of being fully present and engaged in the present moment, observing thoughts and feelings without judgment. Mindfulness can help reduce stress, improve focus, and enhance overall well-being.

# STATISTICS

Those with mental illness are much more likely to report having barriers to success due to the '**ripple effect**' that can be caused by mental illness.

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 33.5% of U.S. adults with mental illness also experienced a substance use disorder in 2021 (19.4 million individuals)
- The rate of unemployment is higher among U.S. adults who have mental illness (7.4%) compared to those who do not (4.6%)
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers
- Among people in the U.S. under age 18, depressive disorders are the most common cause of hospitalization (after excluding hospitalization relating to pregnancy and birth)
- 19.7% of U.S. Veterans experienced a mental illness in 2020 (3.9 million people)
- Depression and anxiety disorders cost the global economy \$1 trillion in lost productivity each year
- Depression is a leading cause of disability worldwide

# MENTAL HEALTH OF WOMEN IN COLLEGE



Mental health can affect anyone, however, women are more likely to report poor mental health than men.

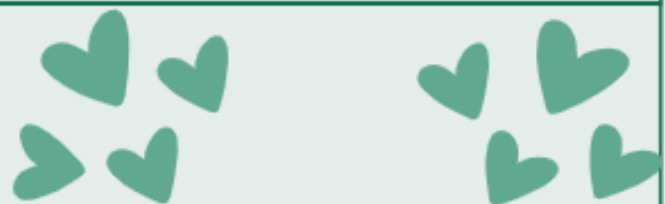
## 47% OF COLLEGE WOMEN REPORTED MENTAL HEALTH ILLNESSES

Women are more likely to struggle with anxiety, eating disorders and experiencing post-traumatic stress disorder



### MORE INFORMATION

- Serious mental health illnesses are seen in almost 70% more in women than men
- women are 10 times more likely to be affected by an eating disorder
- the stigma for seeking treatment for a mental illness is greater among women of color



## Factors

### TO WOMENS MENTAL HEALTH

#### Socio-cultural Influences

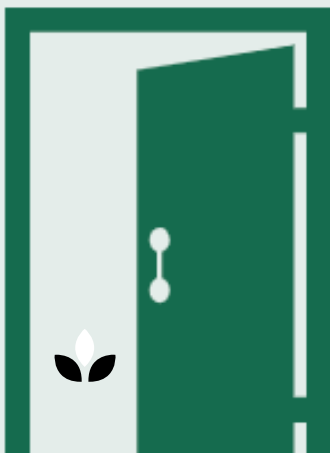
women continuously face difficulties with socioeconomic power, position, dependence, and status

#### Social Media Influence

Internalized or self-stigma results from the self-image formed by how they're perceived by others

#### Biological

Hormones can cause women to process and display their emotions differently



## IT'S TIME TO TAKE ACTION

Take action by educating yourself and urging your community to get involved in addressing mental health illnesses. Always show support for the sisters around you. Let them know your door is always open





Signs for when you should check in on your friends:



Panic



Lack of energy



Difficulty with schoolwork



Faulty self-assessments



Thoughts of suicide or self-harm



Changes in eating or sleeping patterns



Loss of interest in activities, such as clubs, sports or other social commitments

OVER 77% OF COLLEGE STUDENTS HAVE MENTAL HEALTH ISSUES. BREAK THE STIGMA, TALK ABOUT IT, AND HELP EACH OTHER OUT.

# WHERE TO LEARN MORE

## **Sites with good stats/general info about mental health**

Mental Health Information Index: [Mental Health Information | Mental Health America](#)

Mental Health America's Stats: [Quick Facts and Statistics About Mental Health](#)

State of Mental Health in America by MHA: [The State of Mental Health in America](#)

Eating Disorder Statistics: [Eating Disorder Statistics & Research | Learn | NEDA](#)

## **Mental Health Organizations:**

Man Therapy (mental health site for men that takes a bit more 'lighthearted; approach to men's mental health but super awesome!): [Man Therapy](#)

American Foundation for Suicide Prevention (AFSP): [AFSP Active Minds](#)

The Trevor Project (LGBTQ+)

National Alliance on Mental Illness (NAMI)

Substance Abuse and Mental Health Services Administration  
Mental Health America

Suicide Prevention Resource Center [Suicide Prevention Resource Center](#)



# RESOURCES AND SCREENING TOOLS

## Screening Tools

Screening tests for a variety of mental health conditions (opens to a variety of possible screens by condition/concern): [Take a Mental Health Test](#)

[Eating Disorder Screening Tool: Eating Disorders Screening Tool | Help & Support | NEDA](#)

## Resources for specific communities/people

On Anxiety for Men: [Anxiety | Man Therapy](#)

BIPOC Mental Health from Mental Health America: [BIPOC Mental Health](#)

LGBTQ+ Mental Health: [Mental Health | The Trevor Project](#)  
[CDC Suicide Resources](#) [Suicide Prevention Resources | Suicide | CDC](#)

Critical Mental Health Resources for College Students  
Black & LGBTQ: [Approaching Intersectional Conversations | The Trevor Project](#)

## General Good Resources

Support groups, hotlines, podcasts, etc: [80 Awesome Mental Health Resources When You Can't Afford a Therapist](#)

Suicide Prevention Lifeline: 988

# HOW TO HELP A FRIEND



Sometimes our friends will be talkative and open about their mental health, and other times they might be scared or not want to reach out for help. Below there are tips on how to help our friends in both situations.

## READY FOR HELP

Don't force your friend to talk, but be available for the times they are ready. Don't only talk about mental health with them, they have good and bad days.

Keep inviting them out even if they say no. Sometimes when friends stop, to the person struggling, it might come off differently. Always ask and understand when they say no.

You can send your friend pictures, videos, songs, etc. that remind you of them. Or funny videos, laughs are always necessary, but especially in hard times.

Ask your friend what they want to do. They might not feel well enough to ask you, but you can give them the option without the stress.

## UNSURE

Sometimes our friends don't know how to talk about their feelings, talking about our difficult feelings can help them find a way to talk about theirs.

Sometimes our friends might feel defensive about their mental health, watch for times of willingness and try to open the conversation then.

Try to help your friends validate their feelings and let them know they can feel as big as they need. Always keep checking up on them.

Get other involved if you are seriously worried about your friend. They may be mad in the moment, however it is always better to be safe than sorry. They will appreciate it and spread that in the long run.

# TAKING ACTION IN MENTAL HEALTH/THINGS TO DO

**Want to be more involved in mental health activities?  
Want to learn more? Here are a few places you can start!**

Training in Mental Health First Aid Training

Training in QPR: Training for Suicide Prevention

[Advocacy Network | Mental Health America](#)

Sign up link for advocacy toolkit: [Act B4Stage4 Advocacy Toolkit | Mental Health America](#)

[Black & LGBTQ: Approaching Intersectional Conversations | The Trevor Project](#)

Active Minds Speakers: [Active Minds Speakers](#)

[Advocacy | NAMI: National Alliance on Mental Illness](#)

