

**MENTAL
ILLNESS
AWARENESS
WEEK**



OCTOBER 1-7, 2023



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INTRO

October 1st-7th is Mental Illness Awareness Week for 2023. Mental Illness Awareness Week is dedicated to raising awareness, promoting understanding, and eradicating the stigma surrounding mental illness. This document will cover the roots of this significant movement, understand its impact on individuals and communities, provide resources, and learn how together, we can create a more compassionate and inclusive society.

By reading and sharing this guide, you are actively helping to educate yourself and others about mental illness and its impact on our community. Thank you for being a part of our mission, recognizing its' value, and helping to create a world without stigma.

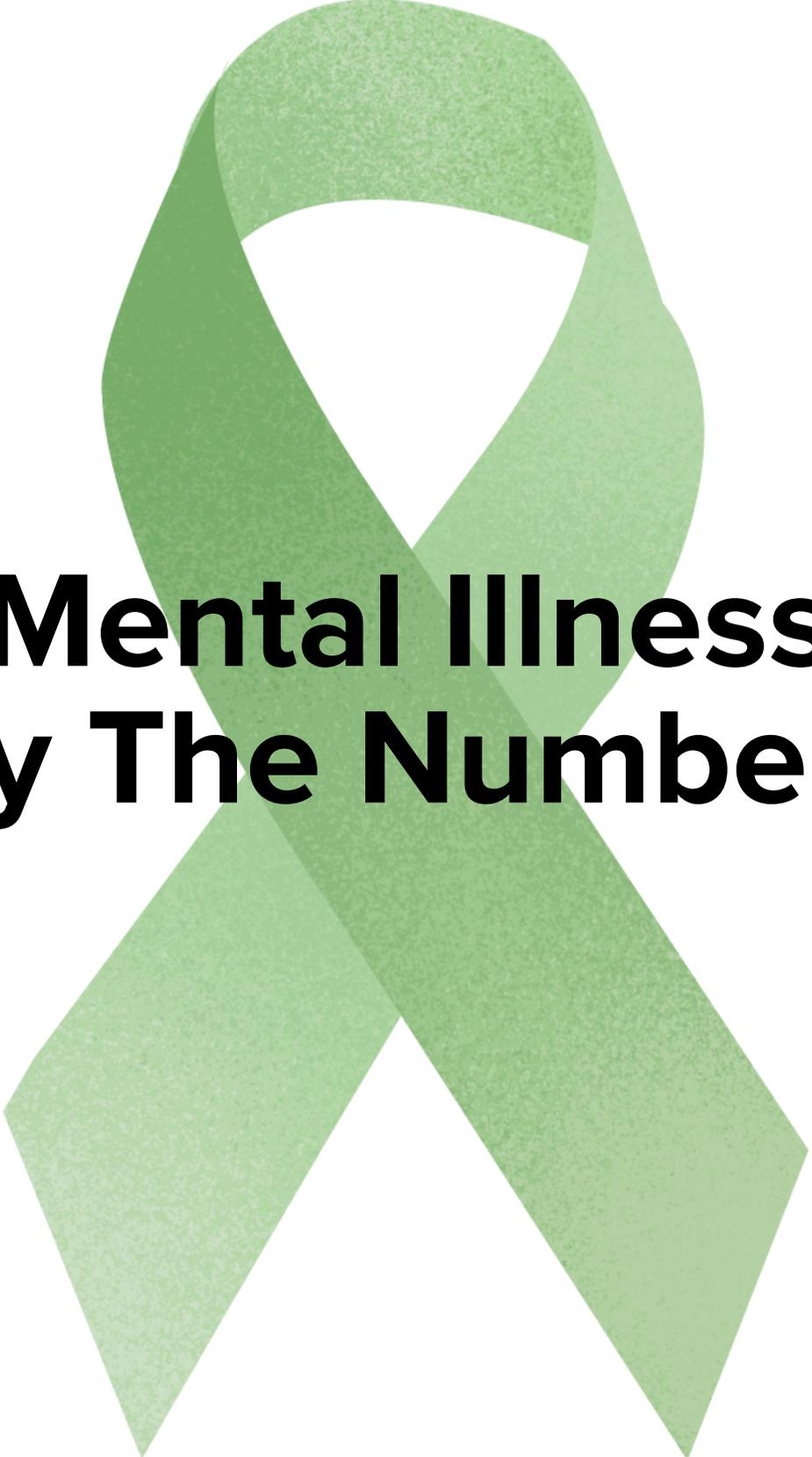
ABOUT MENTAL ILLNESS AWARENESS WEEK

Mental Illness Awareness Week (MIAW) is an annual event observed during the first full week of October, aiming to shed light on the importance of mental health and advocate for improved access to mental health services. Established in 1990 by the U.S. Congress, MIAW has since grown into a global initiative embraced by various organizations, communities, and individuals worldwide. It serves as a platform to dispel myths, challenge stereotypes, and provide accurate information about mental health conditions.

Mental illnesses affect people of all ages, backgrounds, and walks of life. Yet, the prevalence of misconceptions and discrimination often prevents individuals from seeking help. MIAW plays a pivotal role in fostering conversations, reducing stigma, and encouraging people to seek support without fear or judgment. By fostering a deeper understanding of mental health challenges, we can build a society where everyone is accepted, supported, and empowered to live their lives to the fullest.

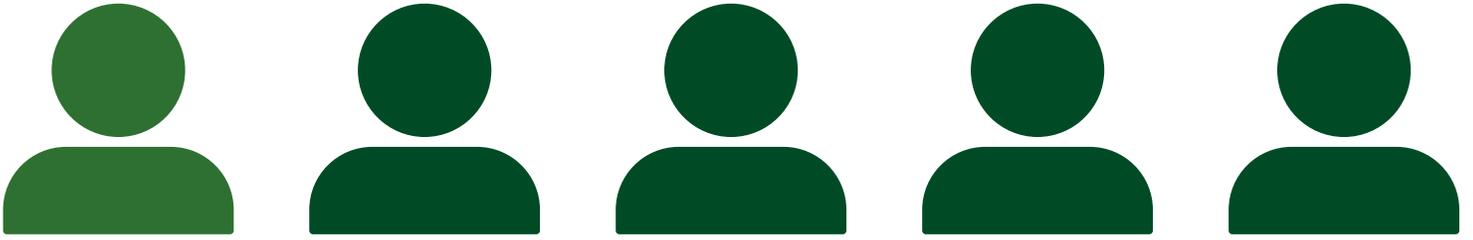
Mental Health Library - Terminology

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.



Mental Illness By The Numbers

Mental Health Stats



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

Less than half of all U.S. adults with mental illness received treatment in 2021.

1 in 20 U.S. adults experience serious mental illness each year.

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

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%

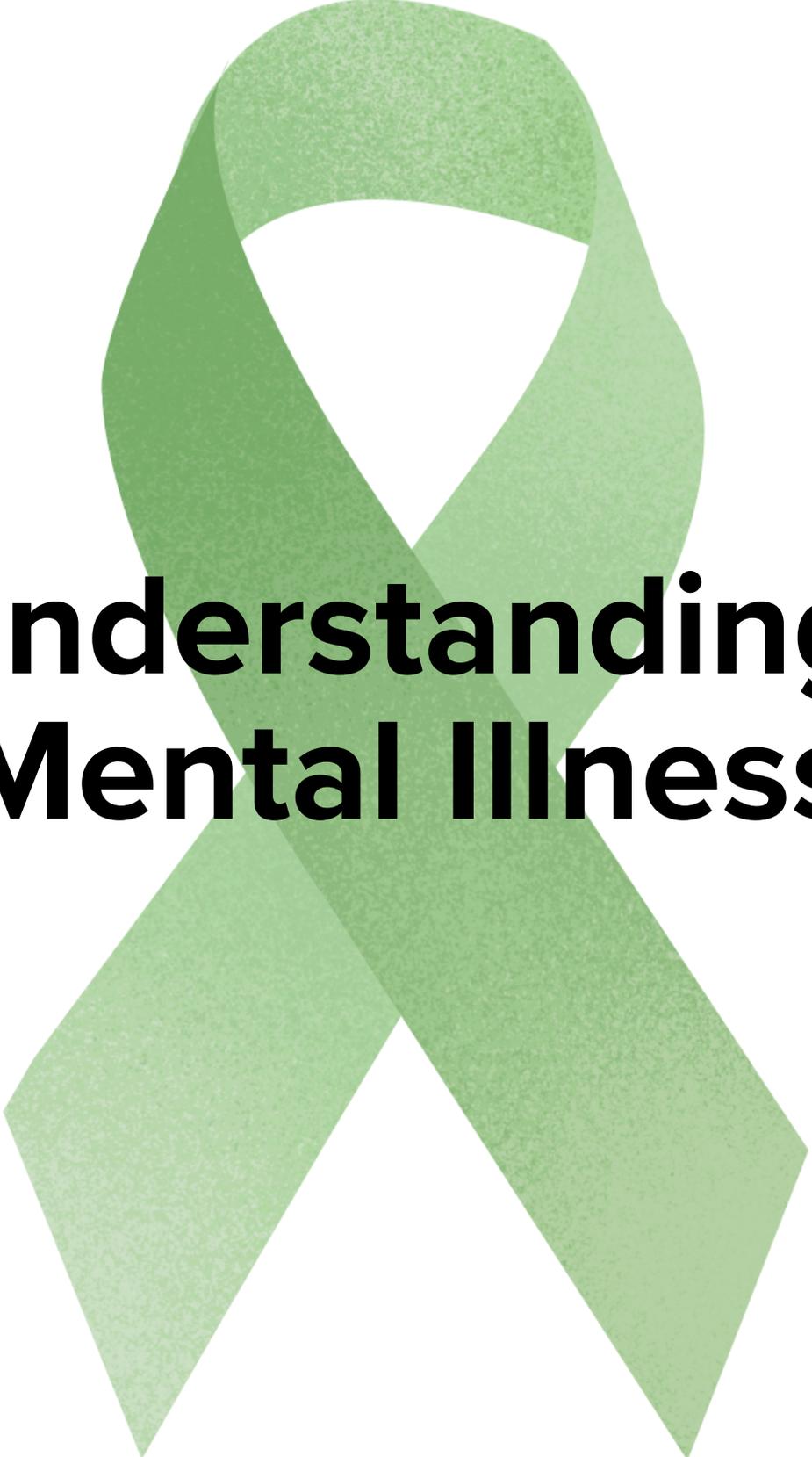
Non-Hispanic Asian: 20.8%

Non-Hispanic white: 51.8%

Non-Hispanic Black or African American: 37.1%

Non-Hispanic mixed/multiracial: 43.0%

Hispanic or Latino: 35.1%



Understanding Mental Illness

Stigma and Mental Illness

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



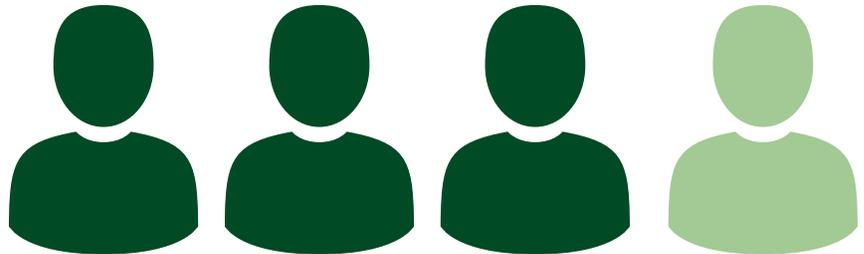
Ways we can work to break the stigma surrounding mental illness:

- 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

Medication

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

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



COVID-19 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!



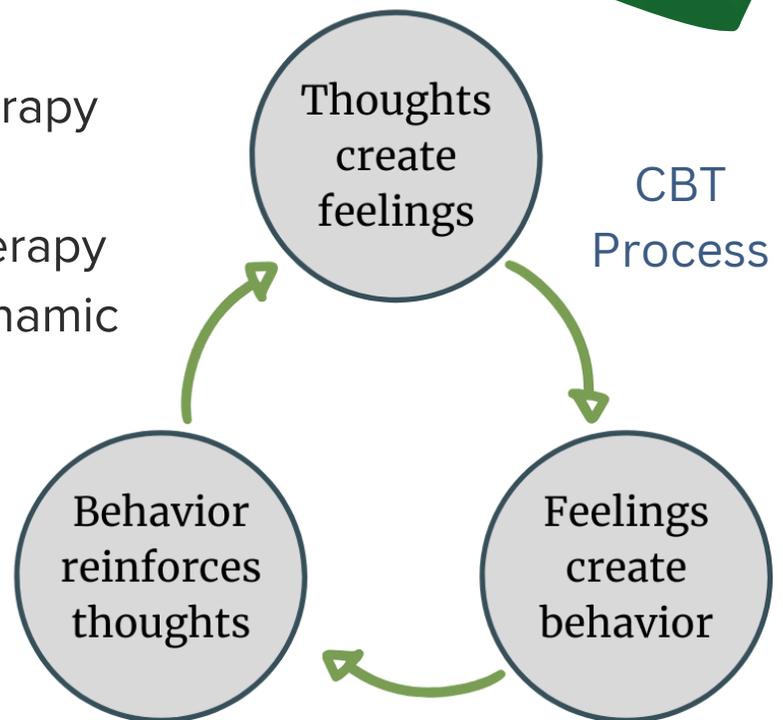
Great TED Talk about lifestyle changes for managing mental health

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

Caregiving and Mental Illness

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>

A green awareness ribbon graphic, centered on the page. The ribbon is a solid green color and is tied in a loop, with the ends hanging down. The word "Resources" is written in a bold, black, sans-serif font across the center of the ribbon.

Resources

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>

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).

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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. *****

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

988

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



FOR THOSE STRUGGLING...

It is okay to share your feelings. Below is a list of some potential messages you can copy to share with someone you trust.

When you get a chance can you contact me? I have been really struggling lately and would like someone to talk to.

This is really hard for me to say but I'm having painful thoughts and it might help to talk. Are you free?

I am having a hard time and I don't want to keep feeling like this. Talking with you may help me feel safe. Are you free to talk?

YOU ARE NEVER ALONE.

If you would prefer to speak anonymously, the **988** hotline is open 24/7/365.