

June 2024

Newsletter



8 MENTAL HEALTH MYTHS (PART 1)

There are a significant amount of myths surrounding mental illnesses. There is also much misunderstanding surrounding mental health concerns and this can lead to people not getting the help they may need. Learning as much as we can about mental health can help reduce the stigma.

Here are 8 mental health myths that are important to debunk!

1.) Mental health problems are not that common. The real truth to this statement is that about 1 in 5 people will experience a mental health issue in a given year. 1 in 6 young people have experienced a major depressive episode and 1 in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression. Suicide is a leading cause of death in the US and is the second leading cause of death for people ages 10-24 and is nearly double the lives lost to homicide.

2.) Children and teens don't have mental health problems. The truth is that research shows that 1 in 5 teenagers will have or already do have a mental illness. In 2021, 4 out of 10 students felt persistently sad, and hopeless, and nearly a third experienced poor mental health. Also significant is to note that in 50% of adults that have a mental health issue, the first signs showed before age 14.

3.) People with mental health issues are violent or dangerous. The truth is that people living with mental health issues are no more violent than anyone else. Only 3-5% of violent acts are committed by a person with symptoms of mental illness. Still, additionally, people with serious mental health issues are 10 times more likely to be a victim of violence.

4.) Mental health problems are a sign of weakness. Mental illness has nothing to do with strength or weakness, but instead, biological factors, physical illness, injury, brain chemistry, life experiences such as trauma or abuse, and/or a family history of mental health conditions can lead to mental health concerns.

What myths did you believe?

Stay tuned for part 2 where we will continue to debunk four more mental health myths!

Want to read the full article now? Check out our blog on our website and read Stefanie's article on all 8 Mental Health Myths!

Stefanie Montgomery, LPC



Learning to love...you!



Mental Wellness

STOP SKILL

Distress tolerance skills are broken into two categories. Crisis Skills and Accepting Reality.

A crisis is considered to be a highly stressful situation, it is short term and the pressure to resolve the crisis is intense. When feeling in crisis the STOP acronym is a skill to help us regroup to function until we are in a better head space to address the problem... STOP is as follows:

S: Stop what you are doing, do not react, and try to remain in control of your actions.

T: Take a step away from the situation or Take a deep mindful breath, Take a break, anything to control your impulse.

O: Observe what is happening around you and inside of your body. What is going on around you? What are others doing? What are you thinking about?

P: Proceed with Caution—What is going to be the most effective way to handle the situation?

When we can step away for a brief moment and observe our actions and responses then we can more effectively address the situation without making it worse.

Amy Amon, LPC



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COMING
THIS JUNE!

We are excited to announce that we now provide a convenient online membership for DBT skills training - Rock Creek Wellness Online!



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9:30 - 10:30 AM

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60 B Franklin Rd. Mercer PA 16137



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