

Why Getting Mental Health Help Is So Important

If you have a mental health condition, you're not alone. One in 5 American adults experiences some form of mental illness in any given year. And across the population, 1 in every 20 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression.

As with other serious illnesses, mental illness is not your fault or that of the people around you, but widespread misunderstandings about mental illness remain. Many people don't seek treatment or remain unaware that their symptoms could be connected to a mental health condition. People may expect a person with serious mental illness to look visibly different from others, and they may tell someone who doesn't "look ill" to "get over it" through willpower. These misperceptions add to the challenges of living with a mental health condition.

Every year people overcome the challenges of mental illness to do the things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with mental health conditions can and do pursue higher education, succeed in their careers, make friends and have relationships. Mental illness can slow us down, but we don't need to let it stop us.

- from nami.org NAMI (National Alliance on Mental Illness)

In our Nordland community and beyond, many are suffering with conditions related to mental health that affect their own lives, and spills over into the lives of their loved ones, also affecting their work performance and relationships, personal financial decisions, etc.

This doesn't only affect adults, but also children and youth as well. Nordland wants to help. If you or someone you love is struggling with mental health, please reach out for help. Certainly you can reach out and have a conversation with Pastor Mark who can also help you go down the road to find the right help for you. But you also might be wondering about how you will pay for professional mental health appointments.

Nordland has a fund that can help you pay for initial mental health costs - for example, visits to a counselor or other mental health practitioner. Your insurance may help with this, however not all do, and you may think it's cost prohibitive to seek help. Please reach out, we will help you go down that path. Call or leave message at Nordland 320-276-8283. Your phone call will remain confidential. Also find resources on our web site: nordlandlutheranchurch.org

Here are some other **local resources** that may be helpful to you - all with tele-visit options.

*Life Seasons Professional Counseling - offices in Paynesville and Willmar. lifeseasons.net, 320-243-2330

*Woodland Centers - Willmar, Litchfield. They also have weekly zoom support groups at no cost. woodlandcenters.com, 320-235-4613

*CentraCare - tele-visits with a mental health care provider. Available to established or new patients, both children and adults. A referral is not needed, with same day or next day appointments possible. Most insurances cover just like an in-person visit. Call 320-255-6677

