



1 in 5 adults experience
mental health conditions
each year

WARNING SIGNS OF MENTAL ILLNESS:

- Excessive worry, fear, lack of pleasure, or sadness
- Plans to harm oneself
- Problems concentrating
- Extreme mood changes
- Changes in sleep habits or feeling tired
- Avoiding friends and social activities
- Difficulty perceiving reality
- Persistent thoughts or memories you can't get out of your head
- Inability to carry out daily activities or handle stress

WHAT IS MENTAL HEALTH?

Mental health is a general state of well-being in which a person is able to realize his or her potential, handle stress, relate to others, and make a contribution to his or her community.

Mental health is composed of three components:

- Emotional well-being
- Psychological well-being
- Social well-being

WHAT IS MENTAL ILLNESS?

Mental illness is a collective term for having a health condition that affects a person's thinking, mood, and behavior.

WHAT CAUSES MENTAL ILLNESS?

Mental illness is not caused by one single factor. Research has found that mental illness is the result of a combination of an individual's genetic makeup, brain chemistry, environment, and life circumstances.

WHAT CAN HELP?

- Medication prescribed and monitored by your provider
- Counseling or therapy sessions
- Following a healthy diet
- Exercising regularly
- Getting enough sleep
- Healthy coping skills such as mindfulness meditation
- Getting an emotional support animal

SUPPORTING A LOVED ONE WITH MENTAL ILLNESS

October 2017

BREAK THE STIGMA

Mental illness is a common health condition that does not warrant shame or discrimination.

About one in four adults and one in five children have diagnosable mental disorders in the U.S.

Despite its prevalence, some view mental illness in a negative light (stigma). This can cause a person to have feelings of shame and isolation and may make a person with a mental illness reluctant to get treatment.

Often, stigma, prejudice or discrimination comes from a lack of understanding. Learn to separate fact from fiction by reviewing information available at NAMI.org or Mentalhealth.gov.

TALK ABOUT IT

Discuss concerns with your loved one in a direct, supportive manner.

Use phrases like:

- It seems like you are going through a difficult time. How can I help you find help?
- I care and want to listen. What do you want me to know about how you are feeling?

If your loved one opens up to you, monitor their response to your conversation. Back up or slow down if they seem distressed, upset, or confused. Avoid saying things like, “you’ll get over it”, “toughen up”, or “you’re fine”.

RENDER SUPPORT

Establish a support system for your loved one. It can help them maintain a healthier life.

Mentalhealth.gov recommends the following:

- Find out if your loved one gets the care he or she wants and needs. If not, connect him or her to help.
- Offer to help with everyday tasks.
- Reassure your loved one that you care about him or her.
- Include him or her in your plans and continue to invite them without being overbearing if they decline.

44% OF ADULTS WITH DIAGNOSABLE MENTAL HEALTH PROBLEMS AND LESS THAN 20% OF CHILDREN AND ADOLESCENTS RECEIVE NEEDED TREATMENT.

GET HELP TODAY IF YOU OR A LOVED ONE NEEDS SUPPORT.



EMI Health and Veridicus Health care about your health and well-being. If you have healthcare questions, contact our team of registered nurses, mental health professionals, clinical pharmacists, and wellness coaches.

MENTAL HEALTH RESOURCES:

All resources provide access to free, confidential help 24/7

- SAMHSA’s National Helpline: 1-800-662-HELP (4357)
 - For mental and/or substance use disorders
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5590
 - For emotional distress related to natural or human-caused disaster
- Crisis Text Line: text START to 741741

Please contact us at 855-586-2568.

We are available Monday through Friday, 8:00 a.m. to 5:00 p.m. MT.

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References available upon request