DMH MENTAL HEALTH AWARENESS MONTH
NEWSLETTER

MENTAL HEALTH FACTS:

43.8 million adults experience mental illness in a given year.

✦

1 in 5 adults in America experience a mental illness.

✦

Nearly **1 in 25** adults in America live with a serious mental illness.

✦

Serious mental illness costs America **$193.2 billion** in lost earnings every year.

✦

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.

Mental Health Awareness

May is Mental Health Awareness Month!

Mental Health Month raises awareness about mental health conditions and the importance of good mental health for everyone. The World Health Organization says, "there is no health without mental health."

We all, at some point in our lives, may experience or have loved ones dealing with mental health challenges. There are effective treatments and interventions that can help us and those we care about regain our mental health and wellness. And for those of us who live with mental illness, recovery is possible.

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
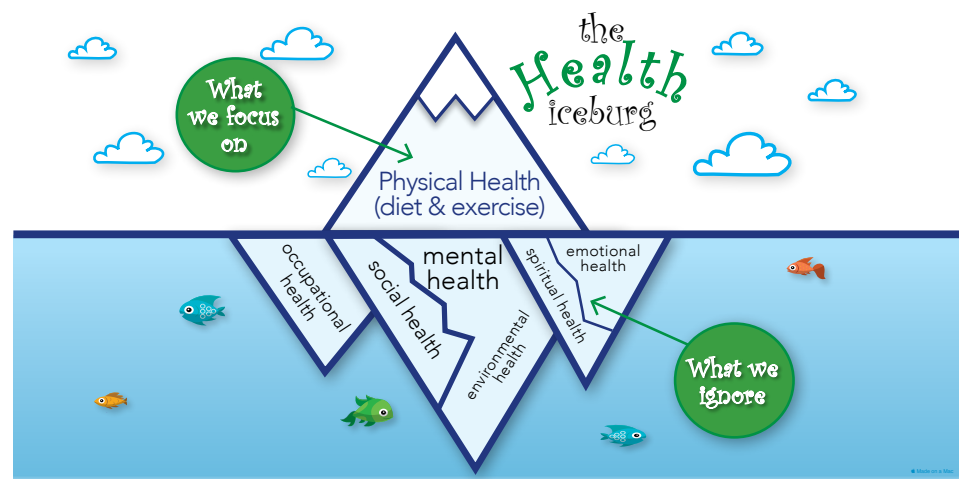
Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

Many factors contribute to mental health problems, including: Biological factors (such as genes or brain chemistry), Life experiences (such as trauma or abuse), and/or Family history of mental health problems.

According to the WHO, **Health** is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Mental health is an integral part of this definition.

More To Come

Over the month of May, you will receive weekly newsletter discussing self care, local resources, the importance of language, stigma and Mental Health Services across the our state.

the *Health* iceburg

What we focus on → Physical Health (diet & exercise)

occupational health · social health · mental health · environmental health · spiritual health · emotional health

What we ignore

2019

National Children's
MENTAL HEALTH
AWARENESS WEEK

Preventing Suicide:
EVERYONE *Has A Role To Play*
Ask, Listen, Get Help

Rates of death by suicide have increased over the past 10 years. The 2017 Vermont Youth Risk Behavior Survey found that almost **1 in 5 middle school students** report seriously thinking of killing themselves and **1 in 10 teens have made a suicide plan** in the last 12 months.

While these statistics can be startling, there are resources to help people struggling. The most important thing is to be open to talking about suicide and being courageous enough to ask for help. Children and youth learn from the examples set by adults in their lives. They are trying to make sense of the world and need trusted adults who will talk openly and honestly about mental health struggles, death, and suicide.

Connection and honest conversation are the keys to suicide prevention.

♦ **Get to know the young people in your life** — point out their strengths, support them in mastering a skill, help them feel like they belong and are an important part of the community

♦ **If you are worried about them, ask directly** — "You matter to me and I am worried. Are you thinking of killing yourself?" — talking about suicide does NOT make a person more likely to attempt suicide. In fact, honest direct discussion brings suicide thoughts into the open and provides the opportunity for the person to get the help they need.

♦ **Listen without judgment, validate their feelings and experience** — to maintain trust and open communication it is important to validate the person's feelings. Remember, young people are experiencing life's challenges for the first time, their brains are still developing, and they feel things intensely.

♦ **Connect them with resources** — Do not leave someone alone if they are thinking of killing themselves. Call your local crisis line to get connected to a mental health professional.

Where to Get Help:
vtspc.org or UmatterUcanGetHelp.com

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

CRISIS TEXT LINE
Text VT to 741741
Free 24/7, Confidential

THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386