

MAYNEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Mental Health Awareness Month



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May is Mental Health Awareness Month.

This year’s MHA theme for Mental Health Awareness Month is “Back to Basics.” To help spread awareness during Mental Health Awareness Month, we are sharing valuable information and resources related to mental health and mental illness.

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Wellness The Right Way – For Your Benefit

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Correcting Myths about Mental Health Conditions



Myth: Mental health problems will not affect you or your family.

Mental health conditions are quite common, and statistically, everybody has a close friend or family member that has a mental health condition.



Myth: There is no hope for people with mental health problems.

Studies show that many people with mental health problems or illnesses get better. Some can recover completely. There are many treatments, services, and support systems available that can help.



Myth: People with mental health condition are very violent.

Absolutely not. Statistically, people with mental health conditions are no more likely to be violent than people without a mental health condition, but they are more likely to be a victim of violence.



Myth: Children do not struggle with mental health.

50% of all mental health conditions show signs before a child turns 14 years old. About 75% of mental health conditions start before a person turns 24.



Myth: Only people with serious issues need therapy, counseling, or coaching.

We can all benefit from therapy or coaching. Getting support, asking for help, getting an outside perspective is beneficial for growth. Getting support early can help prevent mental health conditions from worsening.



Read More About Mental Health

We have more information about mental health awareness, common myths around mental health, and resources for support for mental health. Read more at <https://link.uprisehealth.com/mha-2022>.

FACTS ABOUT MENTAL HEALTH AND MENTAL ILLNESS

IT'S COMMON

1 in 5 American adults experience some form of mental illness.

AND CAN BE SERIOUS

14.2 million American adults live with a serious mental illness.

ANXIETY IS HIGH

Anxiety is the most common mental health condition in America—18% of adults have an anxiety disorder.

DEPRESSION IS GLOBAL

Depression is the leading cause of disability worldwide.

ACCESS TO CARE SHORTAGES

37% of the US population live in areas experiencing mental health professional shortages.

RECENT INCREASE

Global prevalence of anxiety and depression increased by 25% during the first year of the COVID-19 pandemic.





Understand Grief and Trauma

WHAT IS GRIEF?

In its simplest form, grief is our response to loss and can be triggered by hundreds of reasons other than the death of a loved one. Other examples include the loss of:

- » A friend
- » A relationship
- » A job
- » A beloved pet
- » A major life goal

Interestingly, feelings of grief can also occur during happy times in your life (but happy times that cause major changes in the status quo). Examples include when you move to a new state, have a baby, or graduate from school. Although you might be celebrating these changes, you can also experience grief at the loss of your previous circumstances.



SUPPORT IS VITAL

Grief can cause physical symptoms including pain, loss of appetite, and fatigue. It can also cause intense emotional responses including sadness, numbness, anger, and anxiety. Grief can be complex, and will look different depending on the loss event, timing, and individual experiencing the grief. Support is vital to help accept the loss, cope, and recover. Here are a few types of support that can be helpful:

Acknowledge your feelings: Let yourself cry, be angry, or whatever emotion comes up. It can help to name those feelings—notice that you are feeling it and document the feeling. Emotional validation can help you accept the situation, value yourself, and improve emotional regulation.

Take care of yourself: Eat well and exercise, practice acts of selfcare including both pleasurable experiences (like hot baths, your favorite foods, and taking a walk) and practical routines (like sticking to your schedule, paying your bills, and changing your sheets).

Seek expert help: There are many options for care support bereavement support groups, behavioral health coaching, and clinical counseling. We can help. Reach out to Uprise Health to see what coaching and counseling you have available to you.

For information on grief (and also on trauma), read our recent blog at: <https://link.uprisehealth.com/grief>