



# Mental and Physical Care – For A Healthier You

Feeling good means both good physical health **and** good mental health. But many people only go to the doctor for physical health problems. Anyone can experience a mental health problem at any time and it affects us all when it does.

**FACT** *1 in 5 of us will experience a mental health problem in any given year.*



**It's OK to talk about your problems. It's ok to ask for help.**

- Do you think **nobody really cares** about you or your problems?
- Are you using **drugs or drinking to forget** your problems for a little while?
- Are you really **scared that your problems** will get worse?

**The truth is that people care and want to help.**  
Sometimes it's hard to know how to ask, and who to ask.

## What is Mental Wellness?

Mental wellness means you can:

- live your life with emotional control
- deal with the stresses in your life
- maintain healthy relationships with others

Under these circumstances, one feels in control, positive, productive and at ease

## What do we mean by *mental distress*?

It's when someone consistently:

- has difficulty dealing with the demands of life
- experiences negative, unrealistic or inappropriate emotions or thoughts
- finds themselves unable to interact with others in an easy way

## Thinking about asking for help?

If you think you have a mental health problem:

- **Think** about things honestly, without judging yourself harshly
- **Look** for help—places and people who can understand
- **Ask** for help—don't be embarrassed, don't be afraid
- **Work on getting better** if one thing doesn't help, look for another.

## Remember:

- Problems **won't** go away on their own
- Ignoring your feelings **can** make things worse
- Wellness, hope and recovery **is** within your reach
- There are people and organizations available to **help** you



**Don't be afraid to ask.**  
Seeking help can make a difference!

## Where can you get help? Try these in your community or national phone lines:

- Services can be confidential - you don't need to give your name
- Your personal doctor or clinic
  - County Department of Health
  - Spiritual leaders
  - Local Social Service Agencies
  - National Alliance on Mental Illness 800-950-6264
  - Domestic Violence Hotline 800-799-7233
  - Drug & Alcohol Treatment Hotline 800-662-4357
  - Suicide & Crisis Hotline 800-273-8255

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# How You Can Help

**Understand:** Finding and maintaining both physical and mental health can be a challenge for anyone.

Having both depends on:

- healthy lifestyle choices
- family history
- a positive approach to life's challenges.

*Mental health care needs to be given in a supportive way. People need access to care given by people who understand and accept them as they are, regardless of race, religion, beliefs, preferences or the decisions they have made.*

*Listen with an open heart and mind*



**Pay Attention:** People who are dealing with mental health problems often have physical ailments too.

## Recognizing signs of mental health problems

When mental illness symptoms are present, a person:

- can talk about feeling out-of-control or not enjoying life to the fullest
- may abuse alcohol or drugs to feel better
- could be unable to accomplish their goals or
- could exhibit unusual or unproductive behaviors.

## How can you help if someone displays signs of mental distress?

- Consider their immediate safety and the safety of others around them
- Reassure them that hope, help and progress are possible.
- Be Sensitive to the words you use—language, labels and opinions
- Be willing to listen and also encourage them to talk with a mental health professional about negative or traumatic events in their life

There are still misconceptions in our society and around the world related to mental health. Many commonly held beliefs can be harmful. These beliefs can keep people from seeking help.

**Stigma** refers to the negative reaction people have toward someone. Stigma is often felt by individuals with a mental health problem.

**Stigma** may lead someone to be fearful, ashamed or embarrassed to admit how they feel or what they are experiencing.

## Best practices for helping others:

- **Create realistic hopefulness** – problems might not go away, but they can be managed with confidence
- **Focus on their strengths** – help them use their abilities to face their problems
- **Assist them in finding support** – help them find others who can help and may share their experience
- **Cultivate their self-respect and positive self-esteem** – Let them know everyone has a place and value in this world



## You Can Make A Difference In Someone's Life

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