



# THE ART OF WELLNESS: STRATEGIES TO MAINTAIN YOUR MENTAL HEALTH

With Dr. Lisa Firestone and Kevin Hines

# The State of Mental Health

- ▶ 22.8% of U.S. adults experienced mental illness in 2021 (57.8 million people). This represents **1 in 5 adults**.
- ▶ **Over 1 in 10 youth in the U.S. are experiencing depression** that is severely impairing their ability to function at school or work, at home, with family, or in their social life.
- ▶ **55% of adults with a mental illness receive no treatment – over 28 million individuals.**



# The State of Mental Health Care

- **47.2%** of U.S. adults with mental illness received treatment in 2021
- **65.4%** of U.S. adults with serious mental illness received treatment in 2021
- **50.6%** of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016
- The average delay between onset of mental illness symptoms and treatment is **11 years**
- Annual treatment rates among U.S. adults with any mental illness vary by demographic group
- 11.9% of U.S. adults with serious mental illness had no insurance coverage in 2021
- 164 million people live in a designated Mental Health Professional Shortage Area

# Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

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- ! Feeling very sad or withdrawn for more than two weeks
  - ! Trying to harm or end one's life or making plans to do so
  - ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
  - ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
  - ! Significant weight loss or gain
  - ! Seeing, hearing or believing things that aren't real\*
  - ! Excessive use of alcohol or drugs
  - ! Drastic changes in mood, behavior, personality or sleeping habits
  - ! Extreme difficulty concentrating or staying still
  - ! Intense worries or fears that get in the way of daily activities

\*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

## WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

## KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



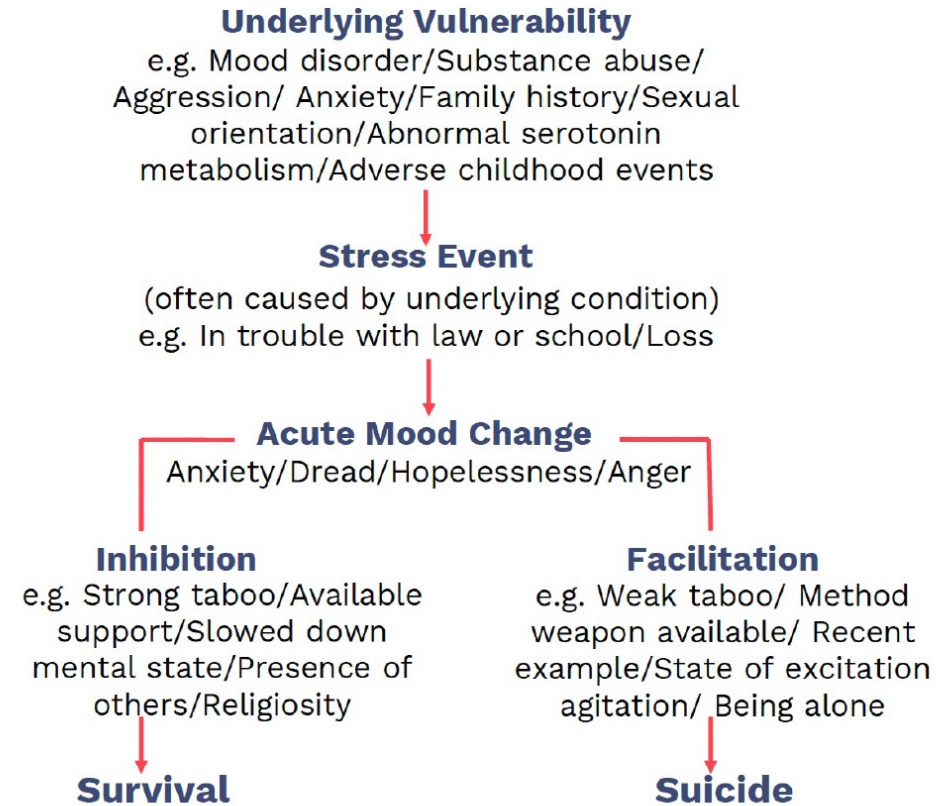
Call the NAMI HelpLine at 800-950-NAMI (6264)



# The State of Suicide

- ▶ In 2021, an estimated **12.3 million American adults seriously thought about suicide**, 3.5 million planned a suicide attempt, and 1.7 million attempted suicide.
- ▶ **Over 48,000 people died by suicide in 2021**
- ▶ Suicide rates **increased approximately 36%** between 2000–2021
- ▶ In 2021, suicide was among the **top 9 leading causes of death** for people ages 10-64. Suicide was **the second leading cause of death** for people ages 10-14 and 20-34
- ▶ Risk is increasing for teens and LGBTQ+ individuals

# How does a suicide occur?



SOURCE: Gould, Madelyn, 2012

# Risk Factors and Warning Signs

## **Risk Factors**

- ▶ Health/Mental Health
- ▶ Environmental
- ▶ Historical
- ▶ Cultural

## **Warning Signs**

- ▶ Talk
- ▶ Behavior
- ▶ Mood

# Protective Factors

- ▶ Effective behavioral health care
- ▶ Connectedness to individuals, family, community, and social institutions
- ▶ Life skills (including problem solving skills and coping skills, ability to adapt to change)
- ▶ Self-esteem and a sense of purpose or meaning in life
- ▶ Cultural, religious, or personal beliefs that discourage suicide



# #BETHE1TO ACTION STEPS




#BeThe1To  
**ASK.**

Find out why this can save a life at  
[www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at  
**988**



#BeThe1To  
**BE THERE.**

Find out why this can save a life at  
[www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at  
**988**



#BeThe1To  
**KEEP THEM SAFE.**

Find out why this can save a life at  
[www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at  
**988**



#BeThe1To  
**HELP THEM CONNECT.**

Find out why this can save a life at  
[www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at  
**988**



#BeThe1To  
**FOLLOW UP.**

Find out why this can save a life at  
[www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at  
**988**

# Strategies for Wellness

## ▶ **Sleep**

- ▶ 7-9 hours can reduce risk of depression by 22%
- ▶ Helps consolidate memories and may help with emotional regulation

## ▶ **Exercise**

- ▶ Evidence linking physical activity to improved moods and greater mental health
- ▶ A recent meta-analysis found that physical activity was more effective than medications in reducing symptoms of depression

## ▶ **Nourishment**

- ▶ Healthy eating patterns have been linked to improved mood and cognition

# Strategies for Wellness

## ▶ **Limit alcohol and don't smoke**

- ▶ Regular consumption of alcohol can increase risk of depression
- ▶ Alcohol is a central nervous system depressant

## ▶ **Limit screen time**

- ▶ Long periods of being sedentary are an independent risk factor for depression
- ▶ Social media can exacerbate and even cause mental health problems
- ▶ Take breaks and turn off notifications

## ▶ **Cultivate friendships and social connections**

- ▶ Spending time with people we like, especially when engaged in shared activities, improves mood
- ▶ Research shows people with hobbies report higher life satisfaction and less depression





# @KevinHinesStory







Questions?

# Contact Information



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