

# Mental Health Awareness

## February Wellness & Safety Awareness Monthly Blast

***"You deserve to be happy. You deserve to live a life that lights you up. Don't ever forget that."***  
*-www.healthy place.com*

Welcome to the first monthly blast from the Wellness & Safety Awareness Committee. This month we will be talking about Mental Health Awareness.

A mental illness causes mild to severe disturbances in thinking, perception, mood and/or behavior. These disturbances can affect a person's ability to cope with life's demands and routines. **However, with education, support and treatment, people can—and do—recover and live fulfilling lives.** Studies indicate that the earlier a mental illness is identified and treated, the better the chances are for full recovery.

### **Common mental illnesses include:**

- Adjustment disorders
- Anxiety
- Panic disorder
- Obsessive-compulsive disorder
- Posttraumatic Stress Disorder (PTSD)
- Depression
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Eating disorders
- Bipolar disorder
- Schizophrenia

### **Mental illness does not discriminate. But sometimes people do.**

Stigma and discrimination against those living with mental illness is widespread and reaches into schools and institutions of learning, employment, housing, health care and media. People living with mental illness often say the stigma and discrimination associated with their illness can be worse than the mental illness itself. It causes shame, prejudice and hopelessness and inhibits over half of those living with mental illness from seeking treatment. When shame is removed from the equation, people with mental illness will more readily seek treatment, achieve recovery and engage in meaningful activities.



### **Did you know these famous people all dealt with mental illness?**

- Abraham Lincoln (U.S. President/Depression)
- Ashley Judd (Actress/Depression)
- Buzz Aldrin (Astronaut/Depression)
- Carrie Fisher (Actress/ Bipolar Disorder)
- Demi Lovato (Singer/Actress/ Bipolar Disorder, Eating Disorder, Anxiety, Depression)
- Dorothy Hamill (Olympic Figure Skater/Depression)
- Howie Mandel (Comedian/OCD, ADHD, Anxiety)
- J.K. Rowling (Author/Depression)
- Jane Pauley (News Correspondent/ Bipolar Disorder)
- Lady Gaga (Singer/Anxiety & Depression)
- Ludwig van Beethoven (Composer/ Bipolar Disorder).
- Michael Phelps (Olympic Swimmer/ADHD)
- Terry Bradshaw (NFL Quarterback & Broadcaster)/Anxiety & Depression)

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### **How to get help:**

**2-1-1 Sacramento** - free information and services and referral service for the community. Just call 2-1-1 (or 916-498-1000) or 7-1-1 if you are Deaf or Hard of Hearing and ask to be connected to 2-1-1.

### **SETA's Employee Assistance Program – MHN**

Your Employee Assistance Program – or EAP – is here to help you with emotional, family and other personal problems; offer guidance on financial and legal issues; support healthy choices; and much more. There is no charge to you for covered services. For more information visit the SETA website at: <http://www.seta.net/app/uploads/2016/10/EAP-Brochure.pdf>.

For more information about your EAP or to schedule an appointment, please call: 1-800-227-1060 or visit: [members.mhn.com](http://members.mhn.com), Company code: cityofsacramento.

**To learn more about mental health information and resources, visit the following websites:**

### **National Resources**

- [National Institute of Mental Health - https://www.nimh.nih.gov/index.shtml](https://www.nimh.nih.gov/index.shtml)
- [National Alliance on Mental Illness - https://www.nami.org/](https://www.nami.org/)
- [Substance Abuse and Mental Health Services Administration - https://www.samhsa.gov/](https://www.samhsa.gov/)
- [Wellness Recovery Action Plan - http://mentalhealthrecovery.com/](http://mentalhealthrecovery.com/)
- [National Empowerment Center - http://www.power2u.org/](http://www.power2u.org/)
- [Sacramento County Health and Human Services - http://www.dhhs.saccounty.net/Pages/DHHSHome.aspx](http://www.dhhs.saccounty.net/Pages/DHHSHome.aspx)
- [National Network to Eliminate Disparities in Behavioral Health –ethnic/cultural resources at http://nned.net/](http://nned.net/)

### **California Mental Health Services Authority (CalMHSA)**

- [Each Mind Matters - https://www.eachmindmatters.org/](https://www.eachmindmatters.org/)
- [Know the Signs - http://www.suicideispreventable.org/](http://www.suicideispreventable.org/)
- [MHSA Resources Clearinghouse - http://mhsaresources.org/](http://mhsaresources.org/)

\*Some of this information was taken from Sacramento County, Division of Behavioral Health Services website at [www.stopstigmasacramento.org/resources/](http://www.stopstigmasacramento.org/resources/).

