Mental Health/Suicide Prevention SETA's Wellness and Safety Awareness Committee September 2020 Issue

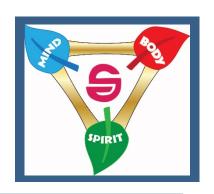


Did you know? Mental Illness is common in the United States. Nearly 1 in 5 adults live with some kind of mental illness. In 2017, there were an estimated 46.6 million adults living with a mental illness. Mental illnesses are health conditions that cause a change in emotion, thinking, behavior or a combination of these three. Each mental illness varies in severity from low/moderate to serious. Each illness also carries a different level of impairment as well. For example, someone with mild depression may be able to function and carry out their daily responsibilities. Whereas, someone with a more severe mental illness like bipolar I disorder may not be able to function properly and carry out regular everyday tasks.

5 Signs of Mental Illness

How do you know if you're suffering from a mental illness? Like many other illnesses and disorders, mental illnesses have symptoms. These are the 5 most common signs of mental illness:

- 1. Long-lasting sadness or irritability
- 2. Extremely high and low moods
- 3. Excessive fear, worry, or anxiety
- 4. Social withdrawal
- 5. Dramatic changes in eating or sleeping habits



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"You don't
have to
struggle in
silence. You
can be unsilent. You can
live well with a
mental health
condition, as
long as you
open up to
someone about
it."

Demi Lovato

<u>In this Issue:</u>
Did you know?1
5 Signs of Mental Illness1
Types of Mental
Illnesses2
Seeking Help for Mental
Illness2
Suicide and Prevention2
National Suicide Prevention
Lifeline3

Employee Assistance Program (EAP)

Available 24/7 at 1-800-227-1060

TTY users call 7111

Online: members.mhn.com



Types of Mental Illnesses

Mental illnesses and disorders are not a "one size fits all." There are many different types of mental illnesses and disorders such as:

- Mood disorders
- Anxiety disorders
- Personality disorders
- Psychotic disorders
- Eating disorders
- Trauma-related disorders
- Substance abuse disorders

Seeking Help for Mental Illness

If you are experiencing symptoms of a mental illness or have been diagnosed, you are not alone.

The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline is a free, confidential, 24/7 treatment and information service for individuals and families facing mental and substance abuse disorders. **SAMHSA's National Helpline –** <u>1-800-662-</u>**HELP (4357)**

Suicide and Prevention

Suicide is the act of intentionally taking one's own life. Each year, nearly 800,000 people die by suicide in the world; this is approximately one death every 40 seconds. Amongst those aged 15-24 years old, suicide is the 2nd leading cause of death. Approximately 54% of all suicidal people have an unknown mental disorder or illness. Although suicide claims the life of many Americans each day, the great news about suicide is that it is preventable. Suicide does not have to be an option, it can be prevented.



Studies have indicated that those who are suffering from feelings of being suicidal find relief when their feelings are acknowledged. When someone asks a suicidal person how they are feeling, it alleviates some of the feelings of being suicidal and may reduce the risk of them taking their own life. Additionally, a great support group and available resources have also proven to reduce the likelihood of someone committing suicide.

There are many risk factors for suicide including family history of suicide. Substance abuse and intoxication are also common risk factors for suicide as one in every three people who commit suicide are found to be under the influence of drugs or alcohol. Drugs and alcohol can impair judgement and clear-thinking which can heighten the thoughts of suicide in someone who is suicidal or experiencing feelings of self-harm. Other risk factors include history of trauma or abuse, prolonged stress, isolation, recent tragedies or loss, and agitation or sleep deprivation.



https://www.nimh.nih.gov/health/statistics/mental-illness.shtml

https://www.healthdirect.gov.au/types-of-mental-illness https://www.interiminc.org/2018/09/07/suicideprev2018/? gclid=EAlalQobChMl683mgcHa6wlVEtbACh0yPgsxEAAYA SAAEgJRRPD_BwE



National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255)

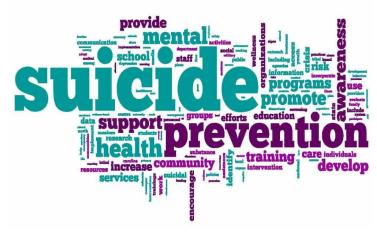
- The National Suicide Prevention Lifeline provides free, 24/7 support for anyone in crisis.
- You may call the lifeline for yourself or anyone in crisis.
- You'll be routed to the nearest crisis center in your area.
- All calls are confidential.

Online Suicide Resources:

American Foundation for Suicide Prevention

https://afsp.org/

American Association of Suicidology
https://www.samhsa.gov/



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Prepared by the SETA Wellness Committee

www.seta.net/staff-resources/wellnesssafety-awareness-program

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