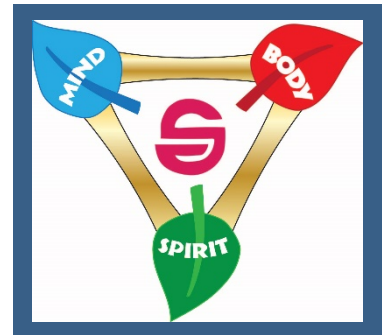


Mental Health/Suicide Prevention

SETA's Wellness and Safety Awareness Committee
September 2020 Issue



SETA's Wellness & Safety
Awareness
September 2020
Newsletter
Volume 1/Issue 13

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

***- Demi
Lovato***

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

In this Issue:

Did you know?.....	1
5 Signs of Mental Illness.....	1
Types of Mental Illnesses.....	2
Seeking Help for Mental Illness.....	2
Suicide and Prevention.....	2
National Suicide Prevention Lifeline.....	3

