

# RECOVERY IS POSSIBLE.

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

Recovery is a process of change through which individuals:

- improve their health and wellness
- live a self-directed life
- strive to achieve their full potential

## FOUR DIMENSIONS OF RECOVERY

**Health:** overcoming or managing one's symptoms and making informed choices that support physical and emotional well-being

**Home:** having a stable and safe place to live

**Purpose:** engaging in meaningful daily activities, such as attending school, working a job, volunteering, caring for others, or being creative.

**Community:** building relationships and networks that provide support, friendship, love, and hope

## Mental HEALTH HELP

### Emergency Medical Services

#### 911

If a situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.

### National Suicide Prevention Lifeline

#### Call or text 988

If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week.

### Boys Town National Hotline

#### 1 (800) 448-3000

If you need to speak to a counselor or need parenting advice, call the Boys Town National Hotline.

### Find Treatment with SAMHSA

#### [www.samhsa.gov/](http://www.samhsa.gov/)

SAMHSA's Behavioral Health Treatment Services Locator is an anonymous source of information for those seeking treatment facilities in the United States or U.S. Territories.



# Mental HEALTH 101

# WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. Many factors contribute to mental health problems, including:

- biological factors, such as genes or brain chemistry
- life experiences, such as trauma or abuse
- family history of mental health problems

## Early warning signs

- eating or sleeping too much or too little
- pulling away from people and usual activities
- having low energy
- feeling numb
- having unexplained aches and pains
- feeling helpless or hopeless
- smoking, drinking, or using drugs more than usual
- feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- yelling or fighting with family and friends
- experiencing severe mood swings that cause problems in relationships
- having persistent thoughts and memories
- hearing voices or believing things that are not true
- thinking of harming yourself or others
- inability to perform daily tasks

# MENTAL HEALTH MYTHS

**MYTH:** Mental Health Problems don't affect me.

Mental health problems are very common. In 2020, about

- 1 in 5 American adults experienced a mental health issue
- 1 in 6 young people experienced a major depressive episode
- 1 in 20 Americans lived with a serious mental illness

**MYTH:** Children don't experience mental health problems.

Even young children show early warning signs of mental health concerns. Half of all mental health disorders show first signs before a person turns 14 years old, and three-quarters of mental health disorders begin before age 24.

**MYTH:** People with mental health problems can snap out of it if they try hard enough.

Mental health problems have nothing to do with being lazy or weak. Many people need help to get better.

**MYTH:** There is no hope for people with mental health problems.

Studies show that many people with mental health problems recover completely. There are more treatments, services, and community support systems than ever before, and they work.

**MYTH:** People with mental health problems are violent and unpredictable.

Most people with mental illness are not violent and only 3-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illness are over 10 times more likely to be victims of violent crime than the general population. Many people with mental health problems are active members of our communities.

**MYTH:** I can't do anything for a person with a mental health problem.

Friends and family can be important influences to help someone get the treatment and services they need by:

- reaching out and letting them know you are available to help
- helping them access mental health services
- treating them with respect, just as you would anyone else
- refusing to define them by their diagnosis or using labels such as "crazy"