



Did You Know? May 2020

Mental Health Awareness Month: May is Mental Health Awareness Month! Established in 1949, this month long initiative aims to increase the public's knowledge and change social stigmas regarding mental health disorders. Especially now, with the trauma caused by pandemic, many of those suffering from a mental health disorder are feeling extremely vulnerable. Jobs have been lost, families have suffered loss, routines have been completely changed, and the feeling of isolation has weighed heavy on many. This month grants the opportunity to educate yourself and the community on the importance of mental health, as well as be a helping hand to those who may be struggling.

What You Should Know:

- MentalHealth.gov defines mental health to include our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- The Centers for Disease Control Prevention (CDC) defines Mental Health disorders as conditions that, "affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day."
- The National Institute of Mental Health (NIMH) states, "Mental illnesses are common in the United States. Nearly one in five U.S. adults live with a mental illness (46.6 million in 2017.)
 - Someone dies every 40 seconds from suicide. Suicide remains one of the leading causes of death in the United States and research states that 46% of all suicide victims also suffered a known mental health disorder (World Health Organization.)
 - 7.9 million U.S. adults suffer both a substance use disorder and a mental health disorder (NIMH.)
 - 56.7% of U.S. adults and 49.4% of youth suffering mental illness did not received treatment in 2018 (National Alliance on Mental Illness.)

What You Can Do:

- **Know The Signs:** Warning signs of poor mental health include: changes in eating or sleeping patterns, lowered energy levels, mentions of harm to self or others, mood swings, relationship changes, greater patterns of substance use, and inability to perform tasks as usual. For a more exhaustive list of warning signs visit mentalhealth.gov.
- **Know Your Worth:** Take time to focus on personal wellness. Be sure to get the recommended amount of sleep, focus on a healthy diet, stay physically active, and determine healthy ways that help you cope with stress. If needed, talk to your physician about getting professional help and assistance.
- **You Never Walk Alone:** If you are ever feeling isolated and distressed, reach out to someone! Use social media and technology to communicate with friends and family members (even during this time of social distancing.) In case of emergency, please contact **Crisis Services at 716-834-3131**.



Information obtained from: www.cdc.gov; www.mentalhealth.gov; www.nami.org; www.nimh.nih.gov; www.who.int; youth.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org