

**TAKE THE
MOMENT**

2024
Mental Health
Awareness Month



MAY IS MENTAL HEALTH
AWARENESS MONTH

What is Mental Health/Mental Illness?

The Centers for Disease Control and Prevention (CDC) defines mental health as “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 healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood”.

Mental illnesses refers to a mental, behavioral, or emotional disorder that can range from mild to severe.

**Your mental health
journey starts with
a single moment.**

Take it!

Mental Health Facts and Statistics

Mental health is just as important as physical health and can have an impact on some physical health problems

- 1 in 5 adults experience some form of mental illness per year
- About 1 in 25 adults live with a serious mental illness
- The number of youth experiencing mental illness is even greater than the adult population
- 50% of lifetime mental health illness begins by age 14
- Mental health can change over time



Mental Health & Older Adults

Common mental health issues in older adults include: loneliness and social isolation; depression, anxiety and substance abuse.

Older adults, unlike other age groups, may worry and become anxious about different issues such as increased health care costs, medical issues, reduction in quality of life, death of a loved one, loss of independence or limited physical mobility. They may also report physical symptoms more than psychiatric symptoms. There may be mood swings and confusion.

Social isolation and loneliness may be associated with higher risks of health problems including: high blood pressure, heart disease, obesity, weakened immune functioning, anxiety, depression, dementia including Alzheimer's Disease and death.

People who are lonely or isolated may also get to little exercise, drink to much alcohol, smoke, may not sleep well, and may increase risk of diabetes.

WHAT TO DO? You don't have to be alone! Stay connected to combat loneliness and social isolation, stay active, reach out to your primary care doctor, have healthy eating habits, pursue hobbies, meditate, talk to a friend.

Don't be afraid to reach out. It's ok to ask for help.

Newburyport Council on Aging: Ann Freeman
Outreach Specialist 978-462-0430

Causes

**There is no shame in
seeking help
for your mental health.**



Many things contribute to one's mental health and mental illness including genetic and environmental factors. Here are a few common factors.

- Biological factors- some genes can increase risk of developing a mental illness.
- Chemical imbalances in the brain or history of traumatic brain injury
- Drugs and alcohol including drug and alcohol exposure in the womb before birth
- Traumatic experiences
- History of childhood abuse or neglect
- Sexual assault
- Unhealthy relationships
- Stressful life events such as loss of a loved one, divorce and financial troubles
- Other chronic illnesses

Common Signs and Symptoms

- Prolonged feelings of sadness
- Excessive worrying or fear
- Loss of interest in activities
- Difficulty concentrating
- Missed work or school
- Relationship difficulties
- Financial difficulties
- Social isolation
- Problems with tobacco, alcohol and other drugs
- Self-harm or harm to others
- Extreme mood changes
- Changes in sleeping or eating habits
- Prolonged feelings of irritability or anger
- Thoughts of suicide

**Small steps
can lead to
big progress
in mental health.**

Getting Help

If you experience any symptoms of declining mental health or mental illness for greater than two weeks or have any concerns about the well being of yourself or a loved one seek professional help.

For any concerns regarding thought of self harm or suicide seek professional help immediately!

Call 911 or Visit an Emergency Room.

Need Immediate Help in A Crisis?

[988 Suicide & Crisis Lifeline](#) – Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area.

The average delay
between onset of mental illness
symptoms and treatment is

11 years

 **NAMI**
National Alliance on Mental Illness

The infographic features a dark blue background with faint white circular patterns. A vertical white line is on the left side. The text is in yellow and white. The NAMI logo is in the bottom right corner.

Finding Treatment

Immediate support

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
- Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

Finding Treatment

- FindTreatment.gov <https://findtreatment.gov/>
 - Find a provider treating substance use disorders, addiction, and mental illness.
- American Psychiatric Association Foundation http://finder.psychiatry.org/?_ga=1.178573348.1294726899.1456165962
 - Find a Psychiatrist
- American Academy of Child and Adolescent Psychiatry http://www.aacap.org/AACAP/Families_and_Youth/Resources/CAP_Finder.aspx
 - Child and Adolescent Psychiatrist Finder
- American Psychological Association http://www.aacap.org/AACAP/Families_and_Youth/Resources/CAP_Finder.aspx
 - Find a Psychologist

Hotlines

Suicide Prevention Hotline

- National Suicide Prevention Lifeline: 1-800-273-8255
 - Spanish Language: 1-866-628-9454
 - Deaf and Hard of Hearing: 1-800-799-4889
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Abuse/Assault/Violence

- Local: Jeanne Geiger Crisis Center 978-388-1888
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- Domestic or dating violence: SafeLink: 1-877-785-2020
- New Hope, Inc: 1-800-323-4673

LGBTQ+

- Trans Lifeline: 1-877-565-8860 (para español presiona el 2)
- The Trevor Project's TrevorLifeline: 1-866-488-7386

Veterans/Active-duty Military

- Veteran's Crisis Line: 988, then select 1, or Crisis Chat or text: 838255
- U.S. Department of Veterans Affairs Mental Health Resources <http://www.mentalhealth.va.gov/index.asp>
- Help for Military Service Members and Their Families <https://www.mentalhealth.gov/get-help/veterans>

Opioid Treatment

- Buprenorphine Treatment Practitioner Locator <http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>
- Opioid Treatment Program Directory by State <https://www.samhsa.gov/find-help/national-helpline>

Massachusetts Specific Hotlines

Emotional Support

- Samaritans Statewide Helpline: 1-877-870-4673
- For high school students <https://samaritanshope.org/im-hear/>
- For college students <https://samaritanshope.org/im-hear-college/>

Sexual Assault

- Boston Area Rape Crisis Center: 1-800-841-8371

Behavioral Health Help Line 833-773-2445 (BHHL), and online chat at masshelpline.com.

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