

Mental Health Awareness



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What questions or concerns do you have about Mental Health



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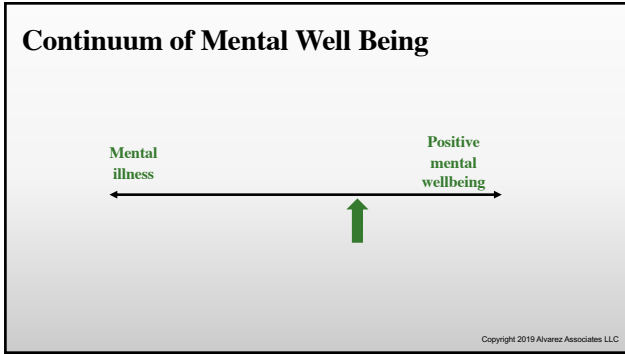
What Is Mental Illness?

Mental illness or a mental disorder is a diagnosable condition that:
Affects a person's thinking, emotional state, and behavior (or a combination of these):

- Disrupts the person's ability to:
 - Work
 - Carry out daily activities
 - Ability to relate to others
 - Engage in satisfying relationships

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What is a Mental Health Crisis?

The person cannot resolve the situation with the skills and resources available. The person's behaviors put them at risk of harming themselves or others (don't wait until this happens).

It's a traumatic event
Usually unpredictable
Often emotionally overwhelming
Alters work environment

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Myths and Stigmas About Mental Health

What have you heard?

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Mental Illness – Diagnoses

- Attention Deficit/Hyperactivity Disorder (one of the most common mental disorders in children and adolescents, also affects about 4.1 % of adults, ages 18-44)
- Bipolar Disorders (about 2.6 %)
- Addictive Disorders
- Major Depression (Leading cause of disability in the U.S. for ages 15-44)
- Eating Disorders
- Obsessive Compulsive Disorder(affects about 1.0 %)
- Panic Disorder(about 2.7 %)
- Post Traumatic Stress Disorder (about 3.5%)
- Schizophrenia and Schizoaffective Disorder Disorders (About 1.1%)
- Anxiety Disorders (about 18%)
(Affecting the U.S. population age >18 in a given year)

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Recognizing a Mental Health Crisis

Inability to cope with daily tasks
Hygiene, eating, sleep problems.

Rapid mood swings
Increased energy, pacing, suddenly depressed or happy/calm after a period of depression.

Increased agitation
Verbal threats, violence, out-of-control behavior, destroys property, inappropriate language.

Abusive behavior
Hurts others, self-injury, drug/alcohol abuse.

Loss of touch with reality (psychosis)
Doesn't recognize family/friends, has increasingly strange ideas, confused, hears voices.

Isolation from work, family, friends Less interested in usual activities.

Unexplained physical symptoms Facial expressions look different, headaches, stomach aches, complains of not feeling well.

You are not trying to diagnose a mental disorder.
Observe and deal with behaviors.

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Response Options

Assess the situation and decide who to call:

911 if there is danger of harm to self, others or property.

Support the person until appropriate resources arrive.

Notify Internal Response Teams.

Contact the Person's mental health provider if there is not immediate threat.

Disengage – If in doubt, get out!

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Response Strategies

- Express empathy.
- Speak slowly and confidently with a gentle, caring tone of voice.
- Use clear language.
- Stay calm and take it slow.
- Repeat things if necessary, Repeat things if necessary
- Use non-threatening body language.
- No touching, shouting or sudden movement.
- Do not validate delusions
- Reduce distractions (ask others to leave, turn off TV, etc.).
- Don't make promises you can't keep

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Seek emergency medical help when someone has:

- Taken an overdose of medication.
- Signs of alcohol poisoning or drug overdose.
- Consumed poison.
- A life-threatening injury.
- Confusion, disorientation or unconsciousness.
- Rapid or pulsing bleeding.

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Summary

- None of us are immune to mental health conditions.
- Small changes and proactive support can encourage good mental health and in turn maximise productivity.
- There is help and support available.

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Questions?

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