HEALTH NEWS

May 2021

ICMS
EMPLOYEE BENEFITS

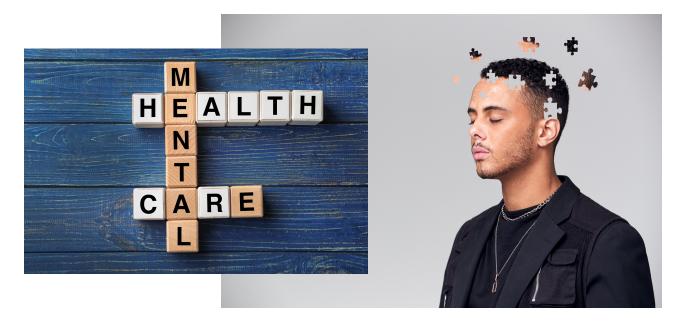## Mental Health Awareness
MONTH

SELF CARE AND YOUR MENTAL HEALTH

More than half of adults in the United States will experience mental illness—which refers to a variety of conditions that affect one's mood, behavior, feelings or thinking—at some point in their life. Mental illnesses can occur occasionally, while others are chronic. Common mental illnesses include anxiety, depression, schizophrenia and bipolar disorder. Mental Health Awareness Month, observed every May, is a time to raise awareness about mental health, break the stigma and support people with mental illness. Each condition has it sown unique symptoms, but common signs of mental illness include the following:

· Feeling sad, irritable or angry for an extended time

· Feeling excessively paranoid, worried or anxious

· Experiencing extreme mood swings

· Avoiding friends and social activities

· Changing eating habits due to increased hunger or lack of appetite

· Havingtrouble sleeping or makingdramatic sleeping pattern changes

One or two of these symptomsalonecan't predict a mentalilllness, but theymayindicate a need for further evaluation.
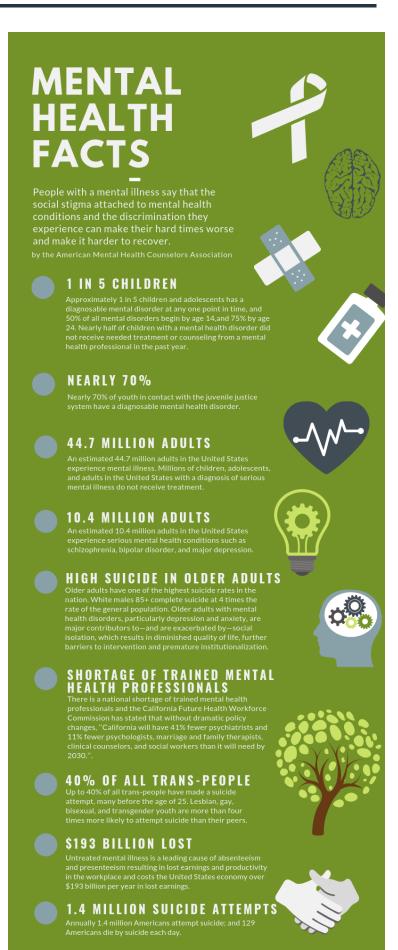
TAKING CARE OF YOURSELF

One way to improve your mental health is through self-care. Self-care looks different for every person since it involves doing things that you enjoy or need.

Here are some ideas for how to practice self-care:

·Live healthy by eating well, getting enough sleep and exercising regularly.

·Connect regularly with friends and family who encourage and support you.

·Pamper yourself by watching your favorite TV show, taking a bath, applying a face mask, getting a massage or reading a book.

·Find ways to relax, including meditating, practicing yoga, going on a nature walk or baking.

The goal is to try to do something you enjoy every day. If you have concerns about a loved one's or your mental health, contact a doctor or mental health professional.

Information courtesy of Zywave

MENTAL HEALTH FACTS
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People with a mental illness say that the social stigma attached to mental health conditions and the discrimination they experience can make their hard times worse and make it harder to recover.
by the American Mental Health Counselors Association

1 IN 5 CHILDREN
Approximately 1 in 5 children and adolescents has a diagnosable mental disorder at any one point in time, and 50% of all mental disorders begin by age 14,and 75% by age 24. Nearly half of children with a mental health disorder did not receive needed treatment or counseling from a mental health professional in the past year.

NEARLY 70%
Nearly 70% of youth in contact with the juvenile justice system have a diagnosable mental health disorder.

44.7 MILLION ADULTS
An estimated 44.7 million adults in the United States experience mental illness. Millions of children, adolescents, and adults in the United States with a diagnosis of serious mental illness do not receive treatment.

10.4 MILLION ADULTS
An estimated 10.4 million adults in the United States experience serious mental health conditions such as schizophrenia, bipolar disorder, and major depression.

HIGH SUICIDE IN OLDER ADULTS
Older adults have one of the highest suicide rates in the nation. White males 85+ complete suicide at 4 times the rate of the general population. Older adults with mental health disorders, particularly depression and anxiety, are major contributors to—and are exacerbated by—social isolation, which results in diminished quality of life, further barriers to intervention and premature institutionalization.

SHORTAGE OF TRAINED MENTAL HEALTH PROFESSIONALS
There is a national shortage of trained mental health professionals and the California Future Health Workforce Commission has stated that without dramatic policy changes, "California will have 41% fewer psychiatrists and 11% fewer psychologists, marriage and family therapists, clinical counselors, and social workers than it will need by 2030.".

40% OF ALL TRANS-PEOPLE
Up to 40% of all trans-people have made a suicide attempt, many before the age of 25. Lesbian, gay, bisexual, and transgender youth are more than four times more likely to attempt suicide than their peers.

$193 BILLION LOST
Untreated mental illness is a leading cause of absenteeism and presenteeism resulting in lost earnings and productivity in the workplace and costs the United States economy over $193 billion per year in lost earnings.

1.4 MILLION SUICIDE ATTEMPTS
Annually 1.4 million Americans attempt suicide; and 129 Americans die by suicide each day.

Research on this article is done by Joel E. Miller, Executive Director and CEO of the American Mental Health Counselors Association