



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health and Wellness Promotion in the Center for Health and Well-Being

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According to Center for Disease Control and Prevention (CDC), mental health includes 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.

These conditions deeply impact day-to-day living.

Source: <https://www.cdc.gov/mentalhealth/learn/index.htm>

Risk Factors for Mental Illnesses

According to CDC, there is no single cause for mental illness. A number of factors can contribute to risk for mental illness.

- Early adverse life experiences, such as trauma or a history of abuse.
- Use of alcohol or recreational drugs.
- Experiences related to other ongoing (chronic) medical conditions.
- Biological factors, such as genes or chemical imbalances in the brain.
- Having feeling of loneliness or isolation
- Having no friends

Source: <https://www.cdc.gov/mentalhealth/learn/index.htm>

Warning Signs and Symptoms

According to American Psychiatric Association (APA), each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Sleep or appetite changes
- Mood changes
- Drop in functioning
- Confused thinking or problems concentrating
- Apathy
- Feeling disconnected
- Excessive worrying or fear
- Unusual behavior

One or two of these symptoms alone cannot predict a mental illness but may indicate a need for further evaluation.

Source: <https://www.psychiatry.org/patients-families/warning-signs-of-mental-illness>

Treatments

According to Mental Health America (MHA), There are many different treatment options available. There is no treatment that works for everyone. Individuals can chose the treatment, or combination of treatments, that works best.

- Psychotherapy
- Medication
- Case Management
- Support Group
- Peer Support
- Hospitalization

Source: <https://www.mhanational.org/mental-health-treatments>



1 in 5

ADULTS ARE CURRENTLY SUFFERING FROM A MENTAL ILLNESS

Source: <https://www.cdc.gov/mentalhealth/learn/index.htm>



Resources:

- National Suicide Prevention Lifeline
Call: 1-800-273-TALK
- Crisis Text Line
Text "HELLO" to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA): call the SAMHSA Treatment Referral Helpline at 1-800-662-HELP (4357).
- National Alliance on Mental Illness
- IUP Counseling Center: To schedule an appointment, call 724-357-2621 or email counseling-center@iup.edu.