

MENTAL HEALTH WELLNESS



MENTAL HEALTH MYTHS AND FACTS

Can you tell the difference between a mental health myth and fact? Learn the truth about the most common mental health myths.

Mental Health Problems Affect Everyone

Myth: Mental health problems do not affect me.

Fact: Mental health problems are actually very common.

- 1 in 5 American adults have experienced a mental health issue
- 1 in 10 young people experience a period of major depression
- 1 in 25 Americans live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.

Myth: Children do not experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and ¾ of mental health disorders begin before age 24.

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with mental health problems and do not even realize it because many people with mental health problems are highly active and productive members of our communities.

Myth: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
- Increased productivity
- Lower absenteeism
- Decreased disability costs

Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many recover completely.

Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

Fact: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services and community support systems than ever before, and they work.

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: Treatment for mental health problems varies depending on the individual and could include medication, therapy or both. Many individuals work with a support system during the healing and recovery process.

Myth: I cannot do anything for a person with a mental health problem.

Fact: Friends and loved ones can make a big difference. Only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment.

Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that is not true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as “crazy”

Myth: Prevention doesn't work. It is impossible to prevent mental illnesses.

Fact: Prevention of mental, emotional, and behavioral disorder focuses on addressing known risk factors such as exposure to trauma that can affect the chances that children, youth and young adults will develop mental health problems. Promoting the social-emotional well-being of children and youth leads to:

- Higher overall productivity
- Stronger economies
- Lower health care costs
- Improved quality of life and family life

Child Mental Health

It is very important to recognize and treat mental illnesses in children early on. Once mental illness develops, it becomes a regular part of your Child's behavior. This makes it more difficult to treat.

It is not always easy to know when your child has a serious problem. Everyday stresses can cause changes in your child's behavior. For example, getting a new brother or sister or going to a new school may cause a child to temporarily act out. Warning signs that it might be a more serious problem include

- Problems in more than one setting (at school, at home, with peers)
- Changes in appetite or sleep
- Social withdrawal or fear of things he or she did not used to be afraid of
- Returning to behaviors more common in younger children, such as bedwetting or thumb sucking
- Signs of being upset, such as sadness or fearfulness
- Signs of self-destructive behavior such as head-banging or suddenly getting hurt often
- Repeated thoughts of death.

Some examples of childhood mental disorders are:

- Attention-deficit/hyperactivity disorder (ADHD)
- Behavior disorders
- Mood and anxiety disorders
- Autism spectrum disorders
- Substance use disorders
- Tourette Syndrome

Mental health is important to overall health. Mental disorders are chronic health conditions that can continue through the lifespan. Without early diagnosis and treatment, children with mental disorders can have problems at home, the school and in forming friendships. This can also interfere with their healthy development, and these problems can continue into adulthood. To diagnose mental health problems, the doctor or mental health specialists looks at a variety of factors including, your child's symptoms, medical history, and family history. Treatments can include medicines, talk therapy and play therapy.

If you or your child is thinking about harming yourself get help immediately.

Call 911 or the National Suicide Prevention Line
(8255)

1-800-273- TALK

Bear River Mental Health 90 E. 200 N. Logan, Ut. 84341
(435) 752-0750

National Alliance on Mental Illness (NAMI)

<http://www.namiut.org/find-local-support/item/8-box-elder>

Intermountain Healthcare Behavioral Health Services Logan Regional Hospital 1400 N.
500 E. Logan Ut. 84341 (435) 716-5320

United way of Northern Utah 2955 Harrison Boulevard, Suite 201
Ogden, Ut. 84403 (801) 399-5584

United Way of Cache Valley P.O. Box 3281 Logan Ut. 84323
(435) 753-0317

Idaho Department of Health and Welfare Behavioral Health Services, Mental Health Services
Pocatello Office (208) 234-7900

Child and Adolescent Mental Health
[<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>]

Children's Mental Health [<http://www.apa.org/pi/families/children-mental-health.aspx>]

8 WAYS KIDS CAN CALM DOWN ANYWHERE



All kids can have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that they can do ANYWHERE, will provide them with the skills necessary to calm down in any situation.

1 COUNT TO 5.

Counting is a great way to help kids learn how to stop and think before reacting to their anger. Impulse control is difficult to come by for young kids. This simple tactic gives them a chance to think before they act.

2 TAKE A DEEP BREATH.

Deep breathing is such a great relaxation technique. Despite how they are feeling, taking a deep breath (or two) can help them calm their bodies quickly.

3 BLOW INTO YOUR HANDS.

This is another technique for promoting deep breathing. By blowing directly into their hands rather than the air, the child receives feedback and can feel the strength of their breaths.

4 PLACE HANDS IN POCKETS.

This act provides kids with some deep pressure and physical restraint. An alternative to this would be to sit on hands or clasp them tightly.

5 ACKNOWLEDGE ANTECEDENTS TO ANGER.

It is so important that kids begin to notice and realize what happens to their bodies when they become angry. What does their face feel like? Is there tension in their body?

6 MAKE A FIST, THEN RELAX THE HAND.

Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in the body. Often kids do not realize how much tension they are holding in their bodies when becoming upset.

7 DO A BODY SCAN.

Start at the head, working down the body, notice areas of tension and relax those muscles.

8 ASK FOR A HUG.

Hugs make everything better. Find someone you love and hug it out.

