

MENTAL HEALTH

HOW SHOULD FAMILIES RESPOND?

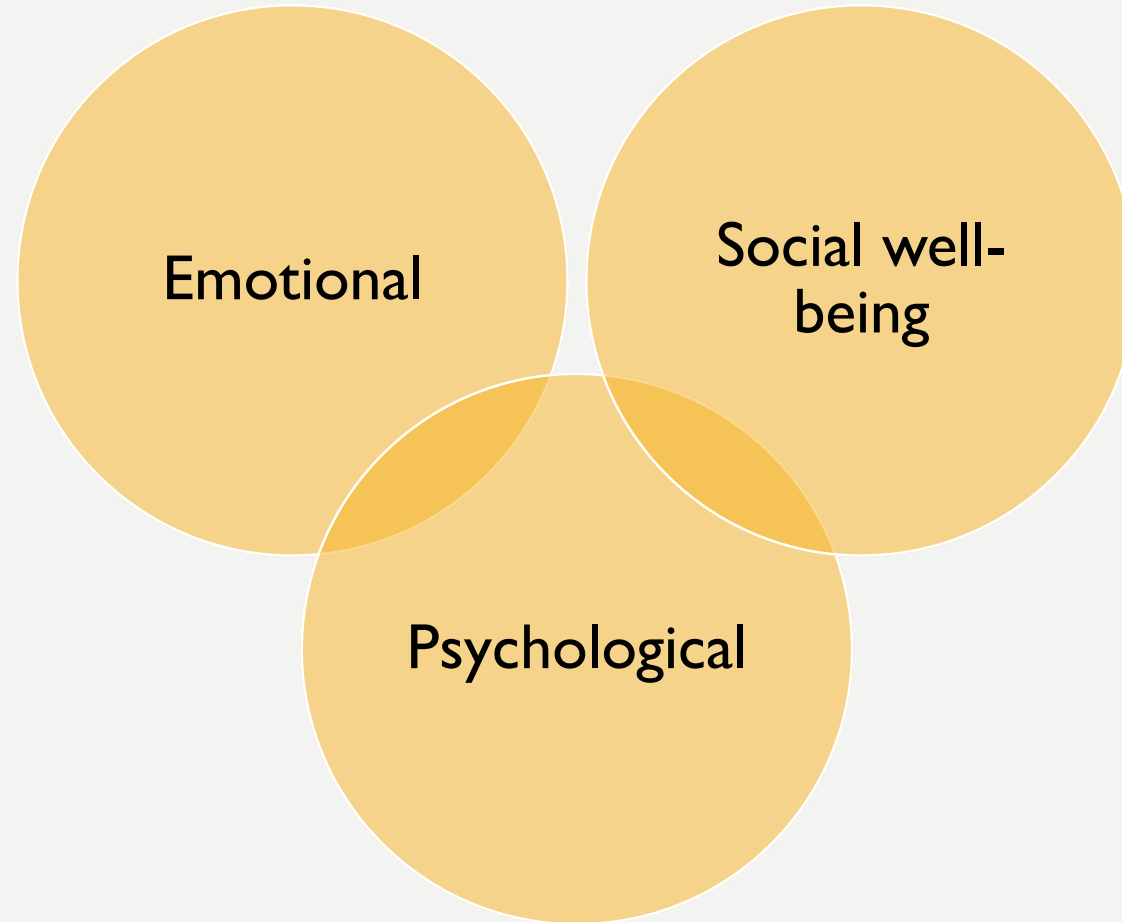
WHO I AM ?

- Candyce “Ce” Anderson, M.S, ALC
- Therapist at Samaritan Counseling Center
- Author of Love T.A.P.S.: Red-Flags of An Abuser & How to Get Out

LEARNING OBJECTIVES

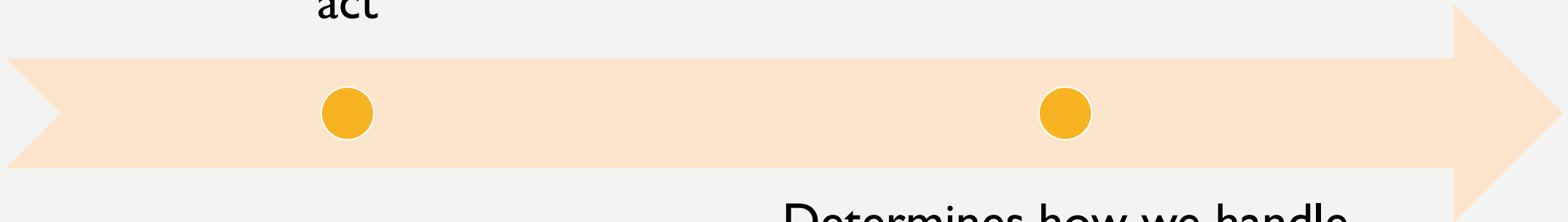
- To increase one's knowledge of what mental health is, including the impact of both internal and external attributes.
- To learn how mental health issues can impact the family unit and/or community.
- To discover appropriate, helpful and healthy responses to family members suffering with mental illness.

MENTAL HEALTH: WHAT IS IT?



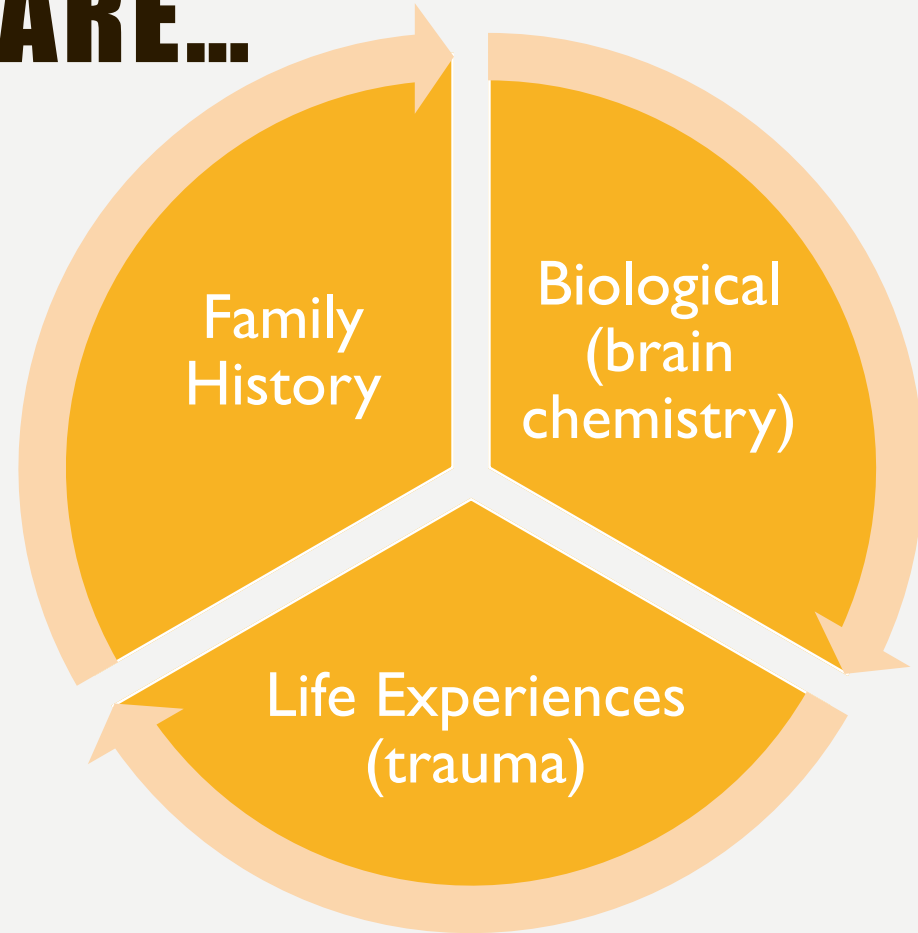
ALL THINGS WORK TOGETHER

Affects how we think, feel &
act



Determines how we handle
stress, relate to others, and
choices

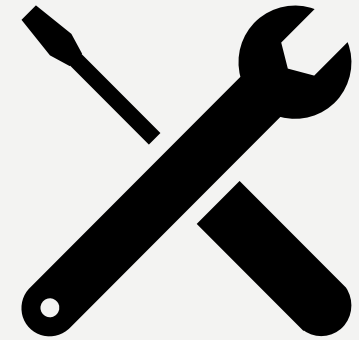
CONTRIBUTING TO MENTAL HEALTH PROBLEMS ARE...



WHY DO HIS MENTAL WELLNESS IMPORTANT?

- Realize their full potential
- Cope with stresses of life
- Be productive
- Make meaningful contributions to their communities

MAINTAINENCE



- Getting professional help when needed
- Connecting with others
- Staying Positive
- Rest
- Helping Others
- Developing Coping Skills

MENTAL HEALTH MYTHS

- **Myth: Mental health problems don't affect me.**
- **Fact:** Mental health problems are actually very common. In 2014, about:
 - One in five American adults experienced a mental health issue
 - One in 10 young people experienced a period of major depression
 - One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

MENTAL HEALTH MYTHS

- **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 a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

MENTAL HEALTH MYTHS

- **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

MENTAL HEALTH MYTHS

- **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.

MENTAL HEALTH MYTHS

- **Myth: I can't 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 isn't true
 - Treating them with respect, just as you would anyone else
 - Refusing to define them by their diagnosis or using labels such as "crazy"

EARLY WARNING SIGNS

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

WHAT CAN FAMILIES DO?

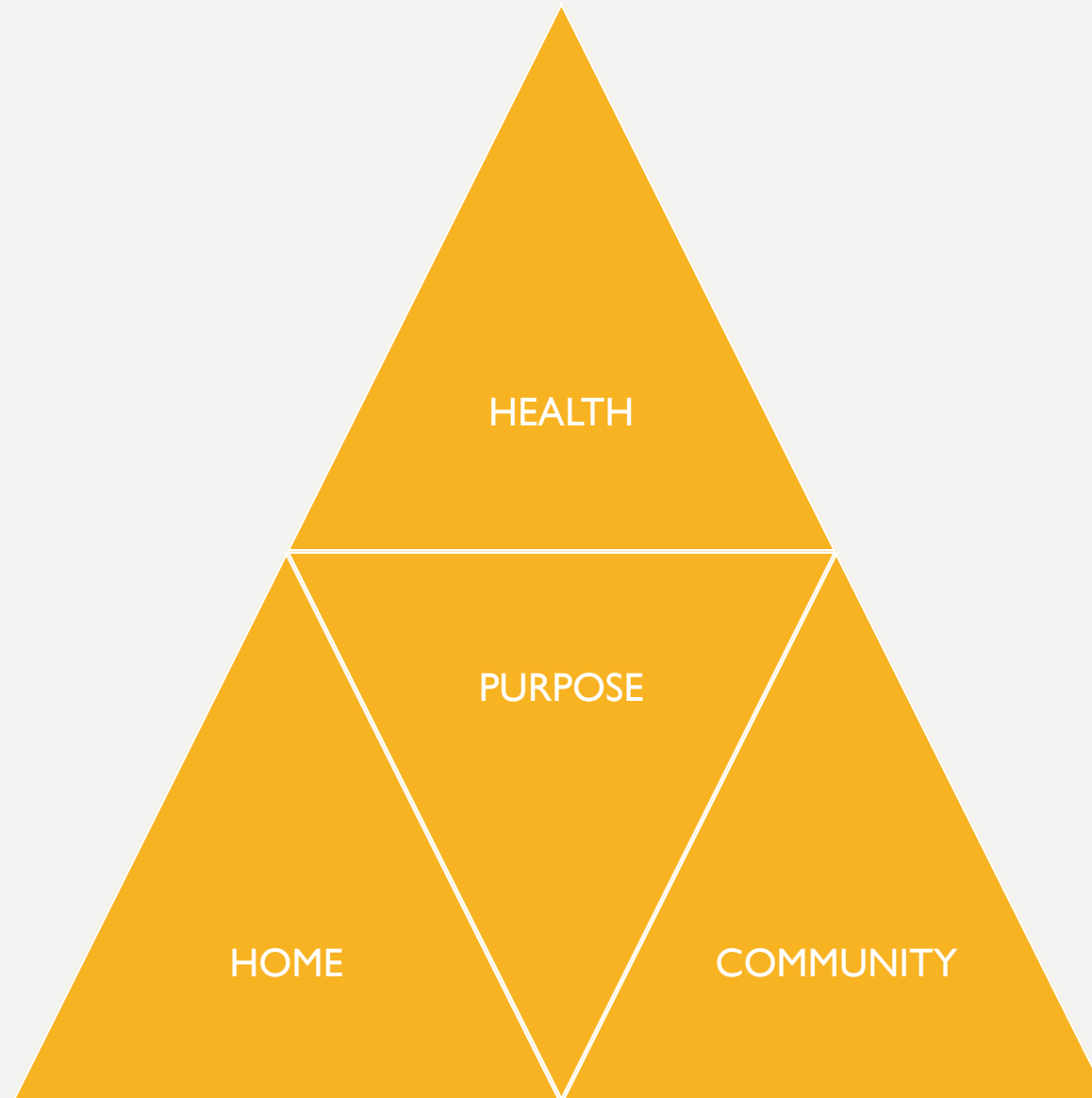
- Finding out if the person is getting the care that he or she needs and wants—if not, connect him or her to help
- Expressing your concern and support
- Reminding your friend or family member that help is available and that mental health problems can be treated
- Asking questions, listening to ideas, and being responsive when the topic of mental health problems come up
- Reassuring your friend or family member that you care about him or her
- Offering to help your friend or family member with everyday tasks
- Including your friend or family member in your plans—continue to invite him or her without being overbearing, even if your friend or family member resists your invitations
- Educating other people so they understand the facts about mental health problems and do not discriminate
- Treating people with mental health problems with respect, compassion, and empathy

LET'S CHAT



- I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to?
- What can I do to help you to talk about issues with your parents or someone else who is responsible and cares about you?
- What else can I help you with?
- I am someone who cares and wants to listen. What do you want me to know about how you are feeling?
- Who or what has helped you deal with similar issues in the past?
- Sometimes talking to someone who has dealt with a similar experience helps. Do you know of others who have experienced these types of problems who you can talk with?
- It seems like you are going through a difficult time. How can I help you to find help?
- How can I help you find more information about mental health problems?
- I'm concerned about your safety. Have you thought about harming yourself or others?

RECOVERY



RECOVERY PLAN

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as longer term goals
- Track any changes in your mental health problem
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them

LOCAL & NATIONAL RESOURCES

- National Suicide Prevention Line at 1.800.273.TALK (8255)
- Montgomery Area Mental Health Authority (334) 593-3311
- Mental Health America Montgomery (334) 262-5500
- 211
- Local Emergency Room

CONTACT

Samaritan Counseling Center

334-262-7787

[Mentalhealth.gov](https://www.mentalhealth.gov)