

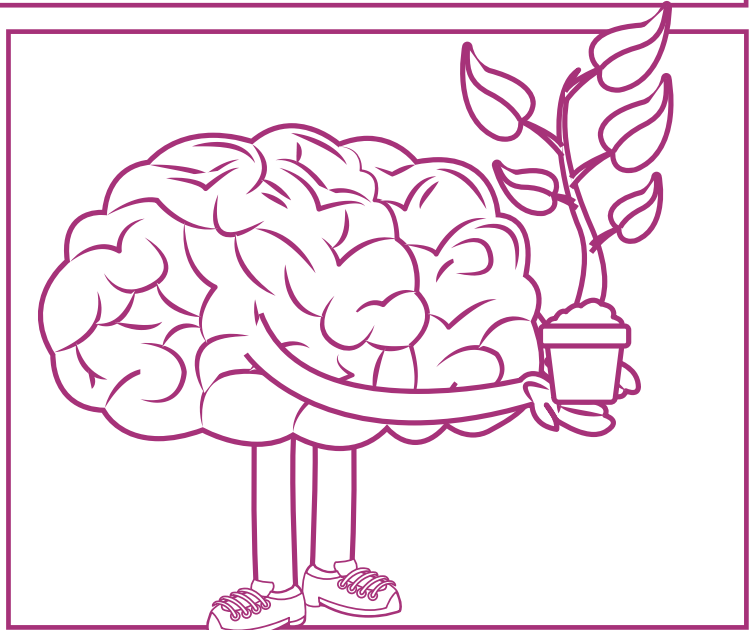
THE TRUTH ABOUT MENTAL HEALTH

BASIC INFORMATION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also plays a role in determining how we handle stress, relate to others, and make choices.

FACTS

- Research shows that mental illnesses are common in the United States, affecting tens of millions of people each year.
- Estimates suggest that only half of people with mental illnesses receive treatment.
- An estimated **31.1% of U.S. adults** experience a type of **anxiety disorder** at some time in their lives
- An estimated **2.2% of adolescents** had **generalized anxiety disorder**, and an estimated 0.9% had severe impairment. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria were used to determine impairment.
- The prevalence of **generalized anxiety disorder** among adolescents was higher for females (3.0%) than for males (1.5%).
- **Major depression** is one of the most common mental disorders in the United States
- An estimated **17.3 million adults** in the United States had at least **one major depressive episode**. This number represented 7.1% of all U.S. adults
- The prevalence of adults with a major depressive episode was highest among individuals aged 18-25 (13.1%)
Data Source: www.nimh.nih.gov



MORE INFORMATION

If you are interested in learning more about Mental Health check out the resources below:

- The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders **www.nimh.nih.gov**
- The National Alliance On Mental Illness **www.nami.org**
- The Substance Abuse and Mental Health Services Administration is a branch of the U.S. Department of Health and Human Services **www.samhsa.gov**

LOCAL RESOURCES

If you are interested in accessing local Mental Health support check out the resources below:

- Genesee Health System is the behavioral health partner of Flint ReCAST
- **Get online care:** www.genhs.org
- **Address:** 420 W 5th Ave, Flint, MI 48503
- **Phone:** (810) 257-3705
- **24 hour Crisis Hotline:** 1-810-257-3740

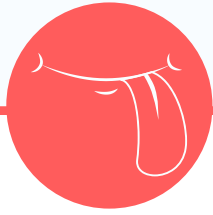


ENGAGING YOUR SENSES

Self-Care

TASTE

- Treat yourself to your favorite meal to help boost your mood
- Eat a healthy snack to fuel your brain and body with the vitamins and nutrients they need
- Make your favorite tasty dessert for a sweet treat on a long day



SMELL

- Light your favorite candle
- Use essential oils
- Take a bubble bath with your favorite soap or bath bomb
- Do some baking and make your home smell like a treat



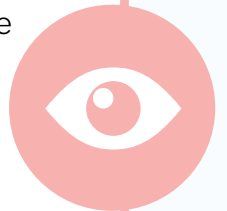
TOUCH

- Get cozy with a fresh pair of pajamas or sweats
- Grab a giant blanket
- Put on some slippers
- Take a nice, relaxing shower or bath



SEE

- Turn on your favorite show or movie
- Go on a walk and admire nature
- Video chat with a good friend
- Color a picture



HEAR

- Listen to a podcast
- Put on your favorite playlist
- Call a friend
- Do a guided meditation
- Read or listen to an audiobook



DO WHAT'S BEST FOR YOU

Self-care looks different for everyone! Find what works for you. If you are feeling overstimulated in some way, try engaging your other senses.

Most importantly, take care of yourself and let yourself feel your feelings. If you need support, reach out to people you trust.