

May is National Mental Health Month

How to Help Someone Else:

- ◆ *Reach out: call or visit*
- ◆ *Avoid diagnosing*
- ◆ *Give advice only when asked*
- ◆ *Listen more than you talk*
- ◆ *Respect privacy*
- ◆ *Assist with activities of daily living when necessary*
- ◆ *Learn about the condition*
- ◆ *Take care of yourself*

Mental health is determined by many factors: physical well-being, current life stressors, genetic heritage and family patterns. One's mental wellness, like physical health, can change over time as our circumstances change. Taking care of ourselves and managing problems when they are small is good prevention. Friendship is one of the best ways to maintain mental health and a positive outlook.

Knowing when to ask for help is a sign of good mental health. Everyone gets down at times, and serious stress and life changes can impact mental health. Most people deal with most problems on their own—time does heal many wounds. Talking with friends and family about problems is also a good way to keep mentally healthy. Taking care of our bodies—nutrition, activity, sleep—also takes care of our minds.

The following resources can provide additional information:

www.mentalhealthamerica.net ; www.nami.org ; What Every Patient, Family, Friend, and Caregiver needs to know about Psychiatry, Richard Roukema



For more information go to: www.womenshealth.gov/whw ; www.cdc.gov/women/

PROFESSIONAL HELP

Help may mean a few visits with a social worker or psychologist. In more serious cases, medication and hospital care may be necessary. Seek professional care when the following changes continue beyond 2 weeks.

- ~change in sleep patterns
- ~change in eating patterns
- ~feelings of extreme irritability, fear
- ~racing thoughts
- ~loss of connection to people you care about
- ~difficulty with memory and concentration
- ~loss of pleasure in usual activities
- ~frequent crying

If serious thoughts of harming yourself or others occur, seek help immediately.

**Contact Workplace Solutions today for free, confidential assistance.
Professional counselors are available 24/7 by calling 800-327-5071.**

A variety of educational and supportive resources are available online at www.wseap.com.