



# HELPING HANDS



## Mental Health Month

(excerpts from <https://mhanational.org/starting-think-about-mental-health>)

### What is a mental health condition?

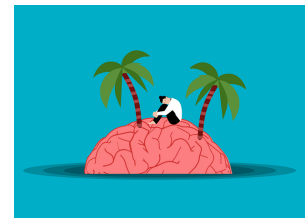
People with mental health conditions deal with changes in emotions, thinking, and/or behavior. For some, this means extreme and unexpected changes in mood – like feeling much more sad or worried than usual. For others, it means not thinking clearly, pulling away from friends and activities you used to enjoy, or hearing voices that others do not. To be diagnosed, the changes in your thinking and emotions must be seriously hurting your ability to do the things you want to do; and sticking around longer than they should – weeks or months, depending on the condition. No matter what kind of mental health condition someone is facing, it's always possible to recover.

### How can I find accurate mental health information online?

That's a lot of information. Some of that information is top-notch and helpful. And some of it can be misleading, outdated, or even wrong on purpose.

### Mental Health MATTERS

- **Consider the author or publisher of the information.** Who wrote or published the information? Most websites will have an About Us section that has mission, vision, and philosophy, so that you know where they're coming from. If it's an individual posting on a blog or on an Internet forum, does that person also have an "about me" section, so that you can determine if they are qualified to speak on the topic?
- **Check out any sources or ask people where they got their information from.** If someone makes a specific factual claim ("half of all mental illnesses will emerge by the age of 14") check their sources or ask them for their sources. Sometimes on the Internet it's more common to see hyperlinks to resources. This doesn't mean that un-sourced information is bad—people sometimes drop sources for common information to make things easier to read. But you shouldn't be afraid to ask
- **Look at how recently the article was updated or the website was created.** We're learning amazing things about the body and the brain every day. Old information isn't necessarily wrong, but it's easy for things to get outdated on the Internet – and so, the older the source, the greater the likelihood that it may not have information that is current.
- **Get a second opinion.** When you are honestly looking for information about mental health, you don't want to shop around just until you find something that matches your opinion. But if you are surprised or unsure about something you see, there's nothing wrong with checking out another source or two! Exposure to different viewpoints can be healthy. Just make sure that the sources they cite, and research they have, are real.
- **Trust your gut.** If some information or advice seems out of place or doesn't sit right with you, question it, and verify it before you follow it



## What is Therapy About?

Therapy is a great way to improve your mental health. Understanding how it works can help you feel more comfortable when you go. There are many different types of therapy, and every therapist is different. That said, there are a few things you can generally expect.

### You set your own goals

Therapists work with a lot of different people, each with different needs and backgrounds. Your therapist is there to help you identify your own goals and find healthy ways to work towards them.

### You don't have to share anything before you're ready

If your therapist asks you something and you're not comfortable sharing, that's okay. Just explain that you're not ready to talk about it. As you build trust with your therapist, you'll feel comfortable opening up more and more.

### Therapy isn't just about your feelings

Sure, you'll talk about your feelings, and you'll often come away feeling better at the end of a session. But therapy is about more than that. You'll learn to question your negative thoughts and change your behaviors. Your therapist will encourage you to confront things you've been bottling up.



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women

personal time to members and are experiencing EAP peer make clinical evaluations, trained to make of your



volunteer their assist other union their families who personal difficulties. volunteers do not diagnoses or clinical however, they are a basic assessment situation and refer

you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing

## American Airlines CLT IAM EAP Coordinators

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### How Do I Find a Counselor?

#### Your Insurance

Look on your insurance card for "Behavioral Health" or "Mental Health"

Find the Phone number or the On-line address for access

#### SAMSHA Treatment Locator:

(Substance Abuse and Mental Health Services)

<https://findtreatment.samhsa.gov>

Home - SAMHSA Behavioral Health Treatment Services Locator

#### Psychology Today

<https://www.psychologytoday.com/us/therapists>