



HELPING HANDS



May is Mental Health Awareness Month

(Excerpts from cdc.gov)

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.²

Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 US adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.⁵
- About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.⁶

What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

Helplines

Need Support Now?

- If you or someone you know is struggling or in crisis, help is available. [Call or text 988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org)
- [Disaster Distress Helpline](https://www.18009855990.com): CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

Abuse/Assault/Violence

- [National Domestic Violence Hotline](https://www.18007997233.com): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotline](https://www.18004achild.com): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](https://www.1800656hope.com): 1-800-656-HOPE (4673) or [Online Chat](#)

LGBTQ+

- [Trans Lifeline](https://www.18775658860.com): 1-877-565-8860 (para español presiona el 2)
- The Trevor Project's [Trevor Lifeline](https://www.18664887386.com): 1-866-488-7386

Older Adults

- [The Eldercare Locator](https://www.18006771116.com): 1-800-677-1116 – [TTY Instructions](#)
- Alzheimer's Association Helpline: 1-800-272-3900 (para español persona el 2)

Your EAP Representative listed below can help you if you are experiencing a mental health or substance use issue. Contact them for a free and confidential consultation.



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer volunteers do not make clinical diagnoses or clinical

evaluations, however, they are trained to make a basic assessment of your 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.

IAM EAP Director, District 142

Paul Shultz

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Finding Treatment

[FindTreatment.gov](https://www.findtreatment.gov)

Find a provider treating substance use disorders, addiction, and mental illness.

[American Psychiatric Association Foundation](https://www.psychiatry.org)

Find a Psychiatrist

[American Academy of Child and Adolescent Psychiatry](https://www.aacap.org)

Child and Adolescent Psychiatrist Finder

[American Psychological Association](https://www.apa.org)

Find a Psychologist