



# HELPING HANDS



## What is Mental Health?

(From SAMHSA.gov)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

### Mental Health Conditions

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness.

Many factors contribute to mental health conditions, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

### Early Warning Signs & Symptoms

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- 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
- Do you think someone you know may have a mental health problem? Talking about mental health can be difficult. Learn about common mental health myths and facts and read about ways to help you get the conversation started.



### How to Cope Reach out if you're in crisis



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. You'll be able to speak with a trained crisis counselor any time of day or night.

## Tips for Living Well with a Mental Health Condition

(from SAMHSA.gov)

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more.

With early and consistent treatment—often a combination of medication and psychotherapy—it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

Today, there are new tools, evidence-based treatments, and social support systems that help people feel better and pursue their goals. Some of these tips, tools and strategies include:

- **Stick to a treatment plan.** Work with a doctor to safely adjust doses or medication if needed to continue a treatment plan.
- **Learn about the condition.** Being educated can help you stick to your treatment plan. Education can also help your loved ones be more supportive and compassionate.
- **Practice good self-care.** Control stress with activities such as meditation or tai-chi; eat healthy and exercise; and get enough sleep.
- **Reach out to family and friends.** Maintaining relationships with others is important. In times of crisis or rough spells, reach out to them for support and help.
- **Develop coping skills.** Establishing healthy coping skills can help people deal with stress easier.
- **Get enough sleep.** Good sleep improves your brain performance, mood, and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions.



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.

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### Resources

- [National Helpline](#)
- [Interdepartmental Serious Mental Illness Coordinating Committee \(ISMICC\)](#)
- [SMI Adviser | American Psychiatric Association \(APA\) and SAMHSA](#)
- [Technology Transfer Centers \(TTC\) Program](#)
- [Centers for Disease Control and Prevention: Stress and Coping](#)
- [NIMH: Caring for Your Mental Health](#)