Mental Health Awareness

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. 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.

How common are mental illnesses?

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

- ❖ More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- ❖ 1 in 5 Americans will experience a mental illness in a given year.

Warning Signs of Poor Mental Health or Mental Illness

- ❖ Long-lasting sadness or irritability.
- ❖ Extremely high and low moods.
- ❖ Excessive fear, worry, or anxiety.
- ❖ Social withdrawal.
- ❖ Dramatic changes in eating or sleeping habits.

If you or anyone you know is experiencing any of the following symptoms, please reach out to the helplines for assistance.

National and Pennsylvania Helplines

- **National Suicide Prevention Lifeline** 1-800-273-TALK (8255)
- **Línea Nacional de Prevención del Suicidio:** 1-888-628-9454
- **Crisis Text Line** Text "PA" to 741-741
- **Safe2Say** 1-844-723-2729 or **www.safe2saypa.org**
- **Get Help Now Hotline** (for substance use disorders) 1-800-662-4357
- **PA Sexual Assault Helpline** 1-888-772-7227 or **www.pcar.org/help-in-pa**
- **National Domestic Violence Helpline** 1-800-799-7233 or **www.PCADV.org**
- **United Way of Pennsylvania** Text your zip code to 898-211 or visit **www.uwp.org/211gethelp**

https://www.cdc.gov/mentalhealth/learn/index.htm
https://www.wellspanphilhaven.org/Get-Help/National-and-PA-Helplines