

Mental Health Matters

May 2022



Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

General Mental Health Data

- Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.

-46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

- Overall Number of US Adults with Mental Illness: 50 million

- Percent of US Adults with Mental Illness: 19.86%

Anxiety

-Lifetime prevalence of any Anxiety Disorder: 31.6%

-Number of US Adults with Anxiety Disorders: 42.5 million

-Anxiety disorders are among the most common mental illnesses in America.

Full article found at
<https://www.mhanational.org/mentalhealthfacts>

Together For Mental Health

For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." We will use this time to bring our voices together to advocate for mental health and access to care through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

Help us spread the word through awareness, support and advocacy activities. Share awareness information, images and graphics for #MHAM throughout May.

Resources

Share with us how you advocate for mental health by writing your personal story or sharing #Together4MH graphics and messages with your community.

Partner Resources

Download the 2022 Awareness Event Guide for May's Mental Health Awareness Month:
https://www.nami.org/NAMI/media/NAMI-Media/PDFs/2022-MHM-PARTNER-Guide_FINAL.pdf

Advocate

Join our movement to advocate for a better mental health care system by signing up for advocacy alerts and taking action when opportunities arise in your community.

Share Your Story

Throughout the month, we will feature personal stories from people experiencing mental health conditions. By reading about lived experience, we aim to encourage people to prioritize their mental health and increase awareness about mental illness.

Share your story and tell us what the message of "Together for Mental Health" means to you!

Full article found at <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>



Mental Health Counselors:

Lisa de la O, AMFT:

805.746.6891

LdelaO@santapaulausd.org

Rachael Forbes, LMFT:

805.760.6782

RForbes@santapaulausd.org

Deborah Ujfalusy, LCSW:

805.616.5332

DUjfalusy@santapaulausd.org

In case of an Emergency:

- **911 For Immediate Support**
- **Ventura County Crisis Team (866) 998-2243 –(24 hours)**

**MENTAL
HEALTH
MATTERS**
#ENDTHESTIGMA

Staying Mentally Healthy: When Change Is Hard

Making a change is not easy. In fact, 60 percent of people who achieve their New Year's resolutions flop once-or more-before succeeding.

But you can pump up your healthy habits. And the more you stick with a new behavior, the easier it gets. That's because repetition actually can build pathways in your brain.

If you're having trouble, consider these tools for sticking with change.

Boost Your Motivation

Everyone has times when their motivation sags. Here are some tips to boost yours:

Remember Your Why

What made you try this wellness tool? Was it because you wanted to be more focused at work? Less grouchy to your spouse? Less winded at the gym? Or maybe it was just because you deserve to feel good. Whatever your reasons, keep a list to inspire you.

Make A Change

If you've tried your chosen tool for a while and aren't feeling better, try another. Remember, not all of the 10 Tools are right for everyone. Also consider shifting the way you use a tool to avoid boredom. For example, if you've chosen to help others, instead of checking on your neighbor this week, try donating to charity.

Get Support

If appropriate, join a group or work with a friend. You also can ask those around you to support your change. If you're trying to stay positive, you might ask your kids to tell you something great about their day.

Congratulate Yourself

Success breeds success, so acknowledge yourself for any steps forward. Little rewards sometimes also work well.

Resisting Temptation

At times, you may find yourself on the verge of returning to unhealthy behaviors. Tips for those times include:

Be Prepared

Some temptations can be avoided altogether with a little planning. You can pack healthy snacks to resist junk food. You can record your late-night TV show to avoid losing sleep.

Full article found at <https://www.mhanational.org/when-change-hard>