

Mental Health Matters

EVIDENCE SHOWS THAT PROVIDING SUPPORT SERVICES, TALKING ABOUT SUICIDE, REDUCING ACCESS TO MEANS OF SELF-HARM, AND FOLLOWING UP WITH LOVED ONES ARE JUST SOME OF THE ACTIONS WE CAN ALL TAKE TO HELP OTHERS.

10 Ways to Beat the Winter Blues

1. Get as much sunlight as possible
2. Get exercise- move your body
3. Eat healthy
4. Maintain positive, healthy relationships
5. Take up a new hobby
6. Spend time with family and friends
7. Talk to someone you trust
8. Keep a healthy sleep routine
9. Practice mindfulness- be in the moment and take a break from your phone and social media
10. Practice gratitude- remind yourself of three good things that have happened each day

WHAT'S IN THIS MONTH'S ISSUE:

- **Suicide Prevention and Awareness:** If you are in crisis call or text 988
- **Mental Health:** what to do if you need help.

How to help a friend:

Listen with empathy, compassion, and provide support. A fight with friends, a break up or performing poorly in school might not feel like a big deal to you but the pain can feel immense. Empathize and listen. Minimizing what others are going through can increase their feelings of hopelessness.

Seek additional support from an adult immediately if anyone confides in you about harming themselves or others.

Place your hand over your heart. Feel that? That is called purpose. You're alive for a reason so don't ever give up.

988
SUICIDE
& CRISIS
LIFELINE

My Mental Health: Do I Need Help?

FIRST, DETERMINE HOW MUCH YOUR SYMPTOMS INTERFERE WITH YOUR DAILY LIFE.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



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