

Get Immediate Help in a Crisis

Call 911 if you or someone you know is in immediate danger or go to the nearest emergency room.

[National Suicide Prevention Lifeline](#)

Call 1-800-273-TALK (8255); En Español 1-888-628-9454

The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss can contact the Lifeline via TTY at 1-800-799-4889.

[Crisis Text Line](#)

Text “HELLO” to 741741

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

[Veterans Crisis Line](#)

Call 1-800-273-TALK (8255) and press 1 or text to 838255

The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. People who are deaf, hard of hearing, or have hearing loss can call 1-800-799-4889.

[Disaster Distress Helpline](#)

Call 1-800-985-5990 or text “TalkWithUs” to 66746

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

[Contact social media outlets directly](#) if you are concerned about a friend’s social media updates **or dial 911 in an emergency.**

Listen to a Podcast Series and book by John Moe

'The Hilarious World of Depression'

Warning: There is some adult language/cursing on some of the podcast episodes

Check out the following websites for more resources and ways to talk about mental health:

<https://makeitok.org/>

<https://www.presbyterianmission.org/ministries/compassion-peace-justice/mental-health-ministry/>

Children's Books about feelings and mental health:

Michael Rosen's Sad Book by Michael Rosen

Grumpy Monkey by Suzanne Lang

Giraffe Asks for Help by Nyasha Chikowore

What in the World Is Wrong with Gisbert? By Jochen Weeber

Simon and the Big, Bad, Angry Beasts by Ian DeHaes

Mental health: 9 daily activities to maintain it

<https://www.reidhealth.org/blog/mental-health>

Mental health is vital to overall personal wellness. [MentalHealth.gov](https://www.mentalhealth.gov) describes mental health as our emotional psychological and social well-being. Here are some activities that can help to improve your overall psychological well-being.



- **Get plenty of sleep.** Adults should get as close to 8 hours of sleep per night as they can. Although every individual's body differs sleep is essential for learning and improving daily productivity.
- **Stop to enjoy small aspects of the day.** Enjoying the small things may seem cliché but it is important to personal contentment. Try taking a walk on your break at work to appreciate the beauty in nature.
- **Use a stress ball or some other stress reliever.** The way we handle stress directly affects our health. A common method to deal with stress is a stress ball. Just squeeze the frustrations away!
- **Perform a random act of kindness.** Helping others volunteering or simply doing one random act of kindness can improve self-esteem. Self-esteem improves mental wellness in a variety of ways including a self-empowering sense of social connectivity. According to [Harvard Health](#) volunteerism contributes to lessening loneliness and depression.
- **Exercise.** Exercise contributes to cardiovascular health. Improved cardiovascular health leads to better emotional stability and reduced anxiety.
- **Deep breathing exercises.** [HealthDirect](#) explains that relaxation involving deep breathing exercises can lower your heart rate blood pressure and breathing rate. This subsequently allows your body and mind to recharge.
- **Yoga.** Yoga is a fantastic tool for reducing anxiety and depression. According to [Harvard Health](#) "By reducing perceived stress and anxiety yoga appears to modulate stress response systems." Although some forms of yoga may be too strenuous for some yoga in general offers great mental and physical wellness benefits.
- **Pet a dog.** Therapy dogs have become a common method for improving the state of your emotions. Dogs provide emotional support by providing companionship to individuals. Simply petting a dog every day can improve one's mental health.
- **Eat breakfast.** A lack of nutrition can lead to foggy brain function. [Psychology Today](#) notes the importance in a daily diet of foods high in omega-3 fatty acids. These and other foods have been shown to reduce symptoms of [schizophrenia](#) depression [attention deficit](#) hyperactivity disorder and other mental disorders

Although these activities do not serve as a "cure" for mental disorders they are helpful and important for maintaining good mental health. Always remember that some mental issues can be serious - so always seek help from your physician or a professional if necessary. Given that the month of May is national mental health awareness month these nine ideas offer the possibility for more conversation and active engagement towards healthy individual mental health and wellness!



The Real Cost of Untreated Mental Illness in America

March 27, 2019, Mary Ellen Ellis



The public cost of untreated mental illness includes substance use disorders, overdose, suicide, and economic costs of healthcare and lost productivity. For individuals, these costs are experienced personally as broken relationships, poor performance at school or work, suicidal thoughts, substance abuse, and poor physical health. Comprehensive, ongoing treatment is the answer, but first individuals must be properly diagnosed with any existing mental illnesses.

Untreated mental illness consequences range from public health crises like the epidemic of drug overdoses to individual impacts like poor physical health and lost jobs.

If you have experienced symptoms of mental illness, it is important to see a professional for a diagnosis so that you can get the best treatment.

Without treatment, you may face recurring symptoms, hospitalization, substance abuse, damaged relationships, and much more.

Good management of mental illness reduces the risk of negative consequences.

What Percentage of Mental Illness Goes Untreated?

The scope of the problem is big. Even when people do get treated for mental illness, there can be significant delays. It would be shocking if the same statistics applied to physical health

conditions. MentalIllnessPolicy.Org estimates that close to half of all Americans with mental illness are not getting treatment.

According to the National Institute of Mental Health, 51 percent of adults in the U.S. with bipolar disorder and 40 percent with schizophrenia were untreated during a one-year study period. For any mental illness, the statistics are even worse: Just 43 percent of people with mental illness received treatment in 2016. Men are more likely to go untreated. Around the world, approximately two-thirds of people with a mental disorder go untreated.

Facts about Untreated Mental Illness in America

The cost of untreated mental illness is high. Those costs are varied, too, including financial, public health, individual health, and social costs:

- Patients hospitalized with serious mental illness are much more likely to be readmitted in the next 30 days if they do not receive follow-up treatment.
- The average hospital cost for a patient readmitted for a mood disorder is \$7,100.
- Mental illness and substance abuse often co-occur, increasing the risk of death from overdose. There were 70,237 drug overdose deaths in the U.S. in 2017.
- The National Alliance on Mental Health estimates that untreated mental illness costs the country up to \$300 billion every year due to losses in productivity.
- As many as 90 percent of cases of suicide are attributed to mental illness.

Personal Consequences of Untreated Mental Illness

The cost of untreated mental illness to society and public health are significant and important. Individuals who suffer these consequences feel them much more personally. Re-hospitalization and the financial costs of emergency care are important to consider, but the impact of not getting adequate treatment reach much farther:

- **Family and relationships.** When mental illness goes untreated, and especially when undiagnosed, relationships can quickly unravel. The symptoms and episodes of depression, schizophrenia, anxiety disorders, and other conditions can interfere with communication and cause an individual to be unable to keep up his or her end of responsibilities in a relationship. Treatment with family psychoeducation can help re-establish and repair healthy relationships.
- **Social well-being.** Many mental illnesses interfere with social life beyond the family. The symptoms can make relating to other people, communicating, and engaging socially more challenging. Many people who are struggling with depression, psychosis, anxiety, and other symptoms will avoid social contact. Social isolation is common, but therapy can help patients learn how to have healthier, more positive social interactions while also developing a new social network.
- **School and work.** Participation and success in work and school are important for living a normal, satisfying life. And yet, mental illness can negatively impact both when not managed properly. A young person with mental health challenges that are not treated will likely miss days of school and struggle to keep up with work. Adults on the job with untreated mental illness have similar problems. This can result in losing a job and serious financial problems.
- **Physical health.** Adults with one or more serious mental illnesses, on average, [die 25 years earlier](#) than those without serious mental health conditions. The main causes of death are treatable or preventable physical health conditions. Unmanaged mental illness can lead to poor management of physical health, including missing doctor appointments, ignoring symptoms, and making bad lifestyle choices.

- **Substance use.** When mental illness is untreated, many people turn to self-medication as a way to treat or ignore symptoms. [Rates of comorbidity](#) between substance use and mental illness are high. Approximately half of people with a mental illness will have a substance use disorder at some point in their lives. The risk is much higher when mental health is not managed. Good treatment helps reduce mental illness symptoms so that a person doesn't feel the need to turn to drugs or alcohol to feel better.
- **Other mental illnesses.** Untreated mental illness may lead someone to misuse substances, but it can also indirectly lead to other mental health disorders. Anyone with a mental illness is already at an increased risk of having another, as compared to someone with no mental illness. Treatment can help manage a diagnosed mental illness and reduce this risk at the same time by giving the patient good coping strategies, a better awareness of symptoms, and the confidence to ask for help when needed.