

Mental Health: Turn Awareness Into Action

Building a supportive, resilient, and compassionate community
together.

| What is Mental Health?



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.

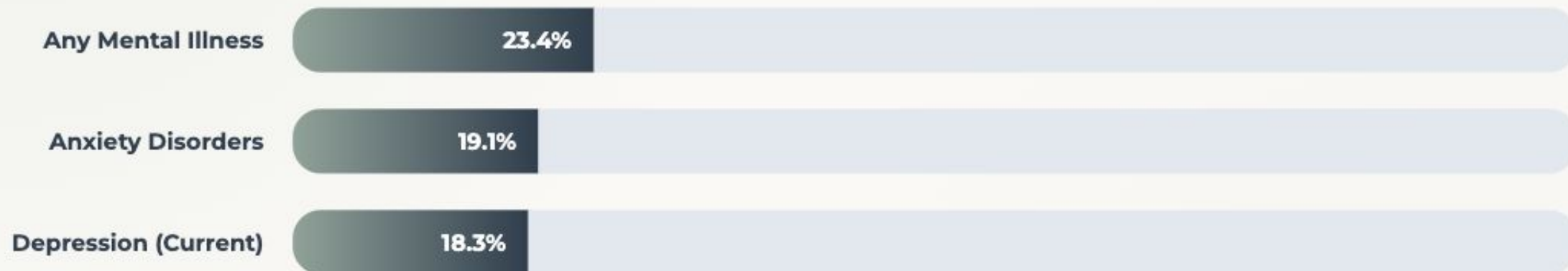
It is important at every stage of life, from childhood and adolescence through adulthood. Just like physical health, mental health is a resource that can be nurtured and strengthened.

"Mental health is not just the absence of illness; it's the presence of capacity."

The Current Landscape

Understanding the trends and barriers in community well-being.

Prevalence in the United States



Statistics for 2024-2025 show historic highs. Anxiety remains the most common condition, affecting over **42 million** adults, while depression rates have risen significantly since 2019.

The Hidden Struggle

70%
FEEL SOCIETAL STIGMA

The Barrier to Care

Despite increased global awareness, 7 in 10 individuals still believe there is a societal stigma surrounding mental health issues. This perception is the single greatest barrier to seeking help early.

In our community, reducing this percentage is the first step toward creating a truly supportive environment where no one suffers in silence.

Myths vs. Reality

✗The Myth

Mental health conditions are a sign of personal weakness or character flaws that people should simply "overcome."

✓The Reality

Mental health conditions are complex medical experiences influenced by biology, genetics, and environment. They are not character flaws.



Recognizing the Signs

Identifying when support may be needed for yourself or others.

Common Warning Signs



Sleep Shifts

Persistent changes in sleep patterns—insomnia or sleeping significantly more than usual.



Mood Changes

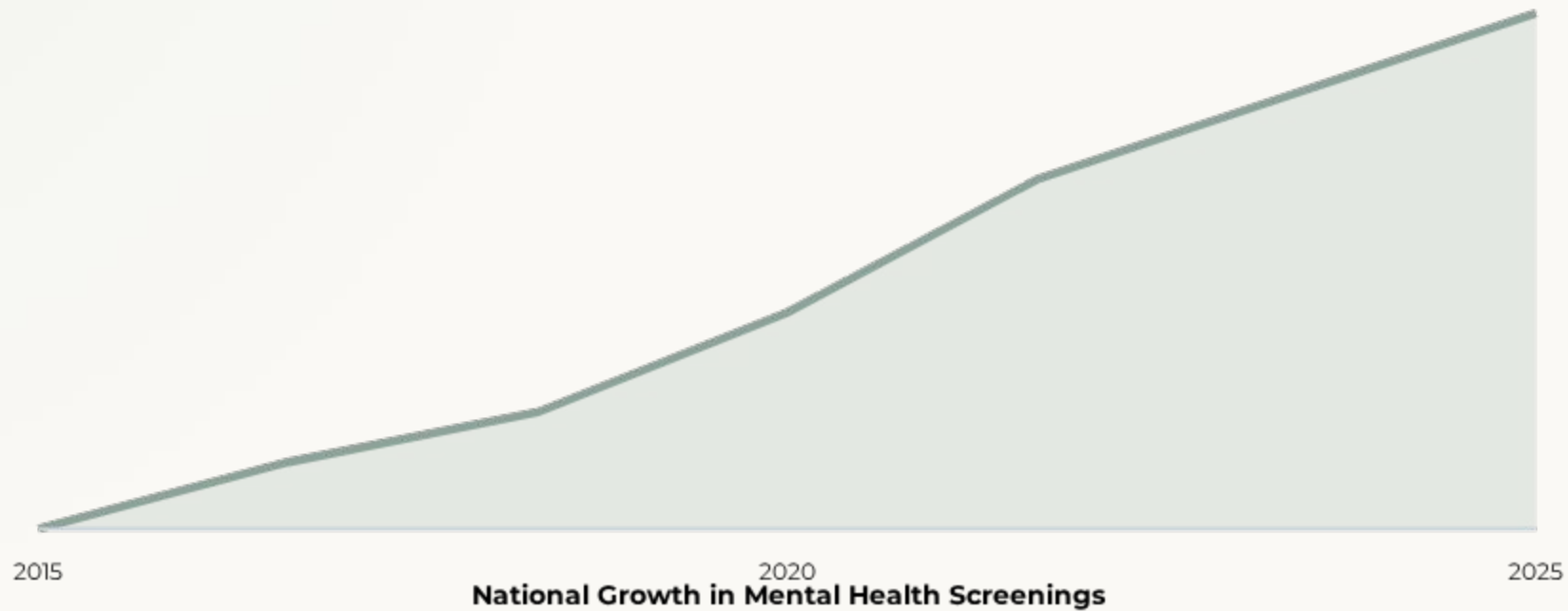
Intense irritability, persistent low mood, or sudden changes in emotional regulation.



Social Withdrawal

Pulling away from friends, family, and activities that used to bring joy or connection.

Rise in Proactive Screening



Early identification is increasing. Millions are now using digital tools to monitor their well-being before a crisis occurs.

Pathways to Resilience



Nature & Movement

Daily time outdoors lowers cortisol levels and restores focus.



Community Groups

Shared experiences in peer support groups break isolation.



Empathy in Action

Small, consistent acts of kindness build social safety nets.

The Digital Detox

Unplugging for Well-being

Constant connectivity creates "notification stress" and prevents the brain from entering a restful state. Intentional breaks from digital devices are essential for emotional regulation. Simple actions like "Airplane Mode" for one hour a day or keeping screens out of the bedroom can significantly reduce baseline anxiety levels.



How to Help Others



Practice Active Listening: Listen without judgment or the immediate urge to "fix" the problem. Your presence is the most powerful tool.



Ask Open-Ended Questions: Instead of "Are you okay?", try "I've noticed you've been quiet lately. How are you feeling today?"



Offer Specific Help: Avoid vague offers like "let me know if you need anything." Instead, offer to bring a meal or help with a task.



Validate Their Feelings: Acknowledge that their struggle is real. Use phrases like, "That sounds really difficult, and I'm here with you."



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"Mental health is not a destination, but a process. It's about how you drive, not where you're going."

— NOAM

SHPANCER

Where to Turn for Support

Service Type	Resource Name	Access Info
Crisis Support	988 Suicide & Crisis Lifeline	Call or Text 988 (Available 24/7)
Information	SAMHSA National Helpline	1-800-662-HELP (4357)
Education	Mental Health First Aid	Local Community Certification Courses
Early ID	MHA Screening Tools	mhanational.org/screening