



# Mental Health 101

## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. Many factors contribute to mental health problems, including:

- biological factors, such as genes or brain chemistry
- life experiences, such as trauma or abuse
- family history of mental health problems



## Early warning signs

- eating or sleeping too much or too little
- pulling away from people and usual activities
- having low energy
- feeling numb
- having unexplained aches and pains
- feeling helpless or hopeless
- smoking, drinking, or using drugs more than usual
- feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- yelling or fighting with family and friends
- experiencing severe mood swings that cause problems in relationships
- having persistent thoughts and memories
- hearing voices or believing things that are not true
- thinking of harming yourself or others
- inability to perform daily tasks

## MENTAL HEALTH PROVIDERS & SERVICES

PLMHP	●	●	●																
LMPH	●	●	●																
School Counselor	●																		
School Psychologist, EdS	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
School Psychologist, PhD/PsyD	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Licensed Psychologist, PhD/PsyD	●	●	●	●															
Psychiatrist, MD	●	●	●																

**KEY:**

● Prescription Medication	● Diagnoses	● Psychoed Evaluations
● Psychological Evaluation	● Therapeutic Treatment	● Special Ed Verification
● Academic Support	● Academic Intervention	● School-Based Therapeutic Services
● Functional Behavioral Assessment	● School-Based Behavioral Intervention	

## RECOVERY IS POSSIBLE.

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

Recovery is a process of change through which individuals:

- improve their health and wellness
- live a self-directed life
- strive to achieve their full potential

## FOUR DIMENSIONS OF RECOVERY

**Health:** overcoming or managing one's symptoms and making informed choices that support physical and emotional well-being

**Home:** having a stable and safe place to live

**Purpose:** engaging in meaningful daily activities, such as attending school, working a job, volunteering, caring for others, or being creative.

**Community:** building relationships and networks that provide support, friendship, love, and hope

## Mental Health Help

**Emergency Medical Services:**  
911

**National Suicide Prevention Lifeline:**  
1 (800) 273-TALK (8255)

**Boys Town National Hotline:**  
1 (800) 448-3000

**Find Treatment with SAMHSA:**  
[www.samhsa.gov/](http://www.samhsa.gov/)

