



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

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

KEY:

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

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:
Call or text 988

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

Find Treatment with SAMHSA:
www.samhsa.gov/

