



MENTAL HEALTHY NEWSLETTER



As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

Now, let's get into the October Mental Healthy Newsletter!

In honor of World Mental Health Day, this topic focuses on mental health awareness that is recognized each year, internationally! Nations all over the world come together to drive positive change for everyone's mental health. The theme for 2023 is "Mental health is a universal right," and it absolutely is a basic human right for all people! Please enjoy this newsletter which provides general information on raising awareness for mental health, and what you can do to check in on yourself, a friend, or a loved one.

Also, in honor of World Mental Health Day, celebrated internationally on October 10th, 2023, help the world represent mental health awareness by wearing your best shade of green!

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at kyeager@fpctx.edu.

Mental Healthy Newsletter



OCTOBER 2023



World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘Mental health is a universal human right’ to improve knowledge, raise awareness, and drive actions that promote and protect everyone’s mental health as a universal human right.

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World Mental Health Day 2023

Every year, World Mental Health Day is celebrated internationally on October 10th. The theme for 2023, set by the World Foundation of Mental Health, is ‘Mental health is a universal human right’.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone’s mental health.

It’s also a chance to *talk about mental health*, how we need to look after it, and how important it is to get help if you are struggling.

Mental Health

Facts:

1 in 5 U.S. adults experience a mental illness each year.



73% of students reported moderate or severe psychological distress in 2021, and **60%** of college students reported experiencing one or more mental health challenges.



The percentage of students experiencing mental health problems has increased **nearly 50%** since **2013**.



A recent NAMI survey asked university students and employees what keeps them from seeking help and they reported that reluctance comes from stigma. However, a recent survey in 2022 also showed that most students view their mental health as an important part of their well-being.



Turn To Check-in

Everyone knows someone in need of support. Many of us often ask “where do I turn to for help?” It can be challenging, but there are ways to get support or be a source of support for someone else.

Turn To Check-In is a free resource designed to help you understand what may be affecting your mood or behavior. After completing the five-minute check in, individuals will receive supportive resources based on their responses. A version of the Turn To Check-In also is available to better understand what a friend or loved one is experiencing, and how you or others could better help them.

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Tips for talking about mental health:

1. Choose someone you trust to talk to. This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know.
2. Find a good space to talk without distractions. It's important to choose a place where you feel comfortable enough to open-up.
3. Listen and ask questions. Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening.
4. Ask how you can help or make suggestions, rather than telling them what to do next.