

MENTAL HEALTH AWARENESS MONTH

#BACKTOBASICS #MENTALHEALTHLITERACY

Back to Basics: This year, the goal of Mental Health Awareness Month is to bring forth a foundation of knowledge in mental health and mental health conditions.

What is a mental health condition?

A mental health condition or illness disrupts a person's thinking, feeling, mood, or ability to relate to others and daily functioning. Mental illness can affect persons of any age, race, income, or background. Recovery from mental illness is possible!

"No matter how heavy and hard the world feels - and maybe especially because the world feels quite challenging right now - focusing on our mental health must remain a priority"

- Schroeder Stribling (President and CEO of Mental Health of America)



TERMS TO KNOW

- **Symptoms:** physical or mental features that can be the potential existence of a concern, condition, or diagnosis.
- **Lived Experience:** personal experience dealing with mental health or substance use challenges
- **Stress:** a feeling of emotional or physical tension in response to a perceived inability to cope with a problem.
- **Trauma:** an emotional response to a shocking and disturbing experience that overwhelms an individual's ability to cope.
- **Coping skills:** Techniques to help an individual deal with difficult situations or unpleasant emotions, thoughts, or behavior.
- **Mental Health Screening:** scientifically validated assessment tools which evaluates an individual's mental health and wellbeing.



3 Ways to Maintain Your Mental Health During Break!



PROACTIVE PREVENTION

Are you aware of your triggers? People, places, and even situations can trigger unwanted behavior and emotional responses. Identifying your triggers and having a premeditated plan which includes coping strategies, to put into place when they arise will help diminish stress. Coping strategies can include prayer, journaling, painting, exercising, time with friends, etc.

WELL-BALANCED CARE

Get into a routine of exercise each day to help your brain and body. Take some time during break to listen to music, read a book, travel, or do sports. Find a way that you enjoy self-care, to help you rejuvenate for the following semester. God called us to be His hands and feet on this earth



SEEK HELP

We are stronger together! Reach out to a friend if you're having difficulty coping alone. A walk in the park with a friend can go a long way. Be sure to map out mental health professionals in your area. If you needed, don't shy away from seeking professional services. Remember you are not alone!

RESOURCES

COUNSELING SERVICES

MBI COUNSELING SERVICES MONTHLY NEWSLETTERS:

[COUNSELING SERVICES NEWSLETTERS & WORKSHOPS THIS YEAR](#)

[SUICIDE PREVENTION TRAINING- QUESTION, PERSUADE, REFER](#)

ANXIETY:

[COPING WITH ANXIETY](#)

[THE SOURCE OF ANXIETY](#)

[UNDERSTANDING AND DEALING WITH ANXIETY FOR CHRISTIANS](#)

[WHAT IS MINDFULNESS?](#)

DEPRESSION:

[CYCLE OF DEPRESSION](#)

[DEPRESSION INFO](#)

[WHAT THE BIBLE SAYS ABOUT DEPRESSION & ANXIETY](#)

SELF-CARE:

[5 SELF-CARE PRACTICE](#)

[10 STEPS OF SELF-CARE EVERY CHRISTIAN SHOULD PRACTICE](#)

MENTAL HEALTH AWARENESS:

[NAMI'S MENTAL HEALTH MONTH AWARENESS](#)

[MENTAL HEALTH AMERICA](#)

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*We pray you have an
awesome break and
look forward to serving
you this Fall!*