SUPPORTING

When we recognize that having a mental health condition is just like having a physical health issue or illness, we can begin to remove the barriers to recovery and promote healing that leads to a positive state of mental and emotional well-being.

According to the National Alliance on Mental Illness (NAMI), a mental illness is a condition that affects a person's thinking,

THE IMPACT OF MENTAL ILLNESS

feeling, or mood. Such conditions can vary in impact, ranging from no impairment to mild, moderate, or severe which can substantially interfere with or limit one's ability to relate to others or function each day. **IN AMERICA GLOBALLY**

1 in 5 adults

experience a mental illness in a given year.4

And **18% of adults** live with anxiety disorders.

Each year, nearly

60% of adults with a mental illness do not receive mental

health services.

Approximately 1 in 10 **Americans**

struggle with some level of substance use disorder (SUD) related to their use

of alcohol or illicit drugs.3 Suicide is the 10th

leading cause of death.

Post-traumatic stress disorder (PTSD) **Paranoia** Obsessivedisorder (OCD) npulse control and addiction Stress response syndromes Suicidal ideation/ self harm Alcohol and substance abuse Bulimia **Amnesia Anorexia** Social anxiety Personality disorders

450 million

Around

people currently suffer from

mental disorders worldwide.1

300 million

More than

people suffer from depression and more than

260 million are living with anxiety disorders.

Many of these people live with both.2

Depression is the leading cause of disability worldwide.

COMMON TYPES

Research suggests that multiple

factors such as genetics, biological,

environmental, and life experiences can influence whether someone develops a mental health condition.4 Above are some common types of mental illnesses but keep in mind that this is not an exhaustive list.

OVERCOMING STIGMA

False beliefs and negative stigma about mental health issues is one of the biggest challenges we face today.

THE GOOD NEWS

Healing and recovery can be possible.

An accurate diagnosis from a mental

a combination of medical evaluation.

lifestyle changes, and education.

health clinician can help determine the

appropriate treatment that may include

medication, counseling, social support,

DEBUNKING THE MYTHS

Stigma can lead to discrimination, when someone is viewed in a negative way or feared that they are unstable or dangerous due to mental illness. Learn the truth about these five common myths about mental illness.

and biological factors, not a result of personal weakness.

Mental illness

Just like any major physical illness, mental illness is not the fault of the is caused by person who has a mental health condition. It is caused by environmental



violence. And no more likely to

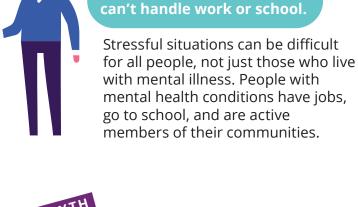
conduct a violent act.



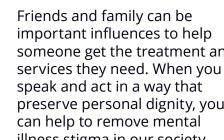
are more treatments, services, and community support systems than ever before, and they work

to make recovery a reality for many people; just like managing diabetes or high blood pressure. **END THE STIGMA**





People with mental illness



You can't help

someone with

mental illness.

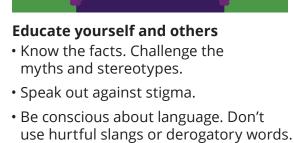
preserve personal dignity, you can help to remove mental illness stigma in our society.



Talk openly about mental health

Treat mental health just as you would

your physical health. Having the need to



training course. https://www.mentalhealthfirstaid.org/

Creating time for rest and recovery helps you

• Take a Mental Health First Aid

- see a mental health professional should be the same as visiting your primary care physician, dentist, or optometrist. • Don't equate people with their illness. Instead of saying "Pat is bipolar," say "Pat has a bipolar disorder."
- **SELF-CARE STRATEGY** To be able to care for others, you must first take care of your own mental and emotional well-being.



- Demonstrate empathy with active listening. Understand that people
- can experience the same condition differently.
- Building resiliency helps you weather hard times and enjoy good ones. If you are struggling with a mental health

WAYS TO MIND YOUR MENTAL HEALTH

issue, talk to your primary care physician to get the proper treatment and referral to services.

reenergize and connect to other important talking with a trusted family member or areas of your life. Block time during the friend can be helpful. Sometimes when week and weekends to recharge. Plan you need more support, consulting with your vacations ahead of time to ensure a mental health clinician can give you you build in time to disconnect the tools needed to address your throughout the year. challenges privately and confidentially.

Confused thinking

or problems

concentrating

and learning

Build resilient habits

A good night's sleep, movement,

add up to make a big impact.

nutrition, relaxation and meditation

can all positively improve your ability

to manage stress and build resilience.

Even small tweaks to your lifestyle can

Take a break

Irritability or

short temper



Stay connected and give back Avoid feeling lonely and isolated by keeping in touch with friends and family or starting new friendships. Acts of kindness and gratitude can improve your mood and make you feel more connected to your community. Try a volunteer activity to help you connect to your purpose and cultivate meaning in your life.

An intense fear

of weight gain

or concern with

appearance

Remind them help

them to appropriate

is available and

offer to connect

Give the person

hope. Encourage

professional help,

offer support and

encouragement.

and continue to

them to seek

resources.

Difficulty

perceiving reality

(hallucinations or

delusions)

When you feel overwhelmed or stressed,

Talk it out

or fear behaviors

worrying

suicide or reckless

Isolating yourself from others



Ease into the

conversation,

gradually. The person

may not be ready to

talk, and that is OK.

experiencing? I care and want to listen.

Try leading with these questions:

I've been worried

about you. Can we talk

about what you are

What do you want me to

know about how you

are feeling?

find help? WHERE TO GET HELP If you or someone you know has a mental health

condition, there are ways to get help.

Get help immediately



call 911 immediately. If you are having suicidal thoughts or are worried that someone you know might be suicidal or emotionally distressed, reach out to the National Suicide Prevention Lifeline. These centers provide confidential crisis counseling and mental health referrals. CALL: 1-800-273-TALK (8255) LIVE CHAT ONLINE: https://suicidepreventionlifeline.org/chat/ **Get help from your doctor**

> Talk to your primary care physician about mental health and ask them to connect you with the right mental health services.

If the situation is potentially life-threatening,

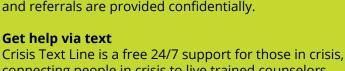
It seems like you

are going through a

difficult time. How

can I help you to





Mental health services may be available to you through your health insurance plan at work or through an Employee Assistance Program (EAP)

provided. These outside counselors, resources,

Get help from your employer

connecting people in crisis to live trained counselors. Text from anywhere in the USA, anytime, about any type of crisis and they will be there to listen and help guide you. Text CONNECT to 741741



Get help and learn more about mental health from

About Deloitte Deloitte refers to one or more of Deloitte Touche Tohmatsu Limited, a UK private company limited by guarantee ("DTTL"), its network of member firms, and their related entities. DTTL and each of its member firms are legally separate and independent entities. DTTL (also referred to as "Deloitte Global") does not provide services to clients. In the United States, Deloitte refers to one or more of the US member

Note

sponsored or endorsed by Deloitte and participation in any such activities is wholly voluntary and at your own risk. All information presented here is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for Copyright © 2019 Deloitte Development LLC. All rights reserved.

The activities referenced here are in no way

ways that matter most to them in body, mind, and purpose.

firms of DTTL, their related entities that operate using the "Deloitte" name in the United States and their respective affiliates. Certain services may not be available to attest clients under the rules and regulations of public accounting. Please see www.deloitte.com/about to learn more about our global network of member firms.

specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician.