

# MENTAL HEALTH

NEWSLETTER // ISSUE 3 // VOLUME 1

## WAYS YOU CAN IMPACT MENTAL HEALTH

- ✘ Talk about it. Ask people how they're doing and mean it! Always be ready to listen and encourage. Ask questions and never judge.
- ✘ Share your story. Have you personally struggled or currently struggle with mental illness? Don't hesitate to tell friends and family about it. Your story can encourage others to ask for help.
- ✘ Encourage non-judgemental speak. Try to educate those around you on how to talk about mental illness. Never use words like "crazy" or "insane" as insults.
- ✘ Talk to loved ones about how they are feeling. Regularly check in with those close to you, especially if you know they are dealing with a mental illness.
- ✘ Talk about mental health with your children. Don't assume kids are too young to understand. Depression can affect children in elementary school.



## MENTAL HEALTH PHONE APPS

- ✘ 7 Cups - Online Therapy for Anxiety and Depression.
- ✘ RR: Eating Disorder Management.
- ✘ SuperBetter
- ✘ PTSD Coach
- ✘ Moodpath: Depression & Anxiety.
- ✘ Pacifica for Stress & Anxiety.
- ✘ Pear reSET.
- ✘ Headspace: Meditation.

## MENTAL HEALTH SCREENER

Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional - they are a checkup from your neck up. Maria Droste of Denver Colorado offers an online screener. This program is completely anonymous and confidential, and immediately following the brief questionnaire, you will see your results, recommendations, and key resources. Click the link below to complete the screener.

<http://screening.mentalhealthscreening.org/mariadroste>

### References:

- <https://www.mentalhealthscreening.org/blog/25-ways-you-can-impact-mental-health-awareness-in-your-community>

