

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **MAY is MENTAL HEALTH AWARENESS MONTH**



Today's Mental Health Awareness Insights, Tips and Resources come to you courtesy of Dawn Hurely, MA, CPRP, and Assistant Vice President for LifeBridge Health's Division of Behavioral Health and the Department of Psychiatry.

This May marks the **71st anniversary and celebration of Mental Health Awareness Month**. According to the National Alliance on Mental Illness, 46.6 million Americans experience the difficulties of mental illness and is reported that 1 in 5 people have a mental health condition.

Hospitals and health systems play an important role in providing behavioral health care and helping patients find resources available in their community. Hospitals create unique partnerships to address behavioral health issues in non-traditional ways. They are leading innovations in the way behavioral health disorders are identified and treated—through the integration of physical and behavioral health services, changes in their emergency departments and inpatient and outpatient settings, and via community partnerships. These strategies improve the overall value of health care and can lead to improvements in patient outcomes.



Mental Illness Symptoms

We can practice mental health awareness by recognizing the common symptoms of mental illnesses listed below:

- A change in sleep patterns including difficulty falling, staying asleep or sleeping too much
- Lack of energy, motivation and constant fatigue
- Irritability or lashing out in anger
- Substance abuse and increase in use
- Suicidal thoughts or behaviors
- A period of low mood, sadness or no longer enjoying activities that previously brought enjoyment
- Difficulty concentrating and completing tasks
- Disheveled appearance and decline in grooming and hygiene
- Deterioration in work or school performance
- Constant worry or fear
- Distortions in perception which can include delusional thinking, hallucinations, and paranoia

Now it is more important than ever to remove the stigma surrounding mental health and raise awareness. During the COVID-19 pandemic, individuals may experience stress, anxiety, fear, sadness and loneliness. Mental health disorders, including anxiety and depression, can worsen.

Review the many daily tips posted on this site relating to self-care strategies and get the care you need to help you cope. Remember, you are not alone!



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Resources:

- National Suicide Prevention Hotline | 1-800 273-8255 (TALK)
<http://www.suicidepreventionlifeline.org>
- SAMSHA National Helpline | 1-800 662-HELP (4357)
- Sinai Behavioral Health Outpatient Clinic | 410-601-5610
- Grace Medical Center Mental Health Clinic | 410-362-3573
- Sinai Addiction Recovery Program (SHARP) | 410-601-5355
- Grace Medical Center Addiction Program | 410-945-7706

Join all of LifeBridge Health this Thursday, May 7 and wear green to show your support and solidarity!



Take a picture in your green gear & send it to social@lifebridgehealth.org!

