Prevention Professionals of Northern Middlesex

May is Mental Health Awareness month! We will look at and answer some critical questions each week. What is the connection between mental health and substance use disorders, what are classified as mental health disorders, and what resources are available for these challenges to name just a few!

Mental Health Myths and Facts!

https://www.mentalhealth.gov/basics/mental-health-myths-facts

Can you tell the difference between a mental health myth and fact? Learn the truth about the most common mental health myths. Why is this so important?

What to Look For?

https://www.mentalhealth.gov/what-to-look-for

People can experience different types of mental health problems. These problems can affect your thinking, mood, and behavior. Want to learn more about other types of mental health conditions? Visit the "Mental Health and Behavior" section on MedlinePlus.

https://medlineplus.gov/mentalhealthandbehavior.html

Post-Traumatic Stress Disorder.

https://www.mentalhealth.gov/what-to-look-for/post-traumatic-stress-disorder

Post-traumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.

Talk About Mental Health

https://www.mentalhealth.gov/talk

If you have, or believe you may have, a mental health problem, it is helpful to talk about these issues with others. Learn more about building a strong support system and developing a recovery plan.

WHO ARE WE?

SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

Communities include:

Billerica—Mike Higgins
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Overcoming the Stigma of Mental Health!

https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health/art-20046477

Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common.

Why the Language we Use Matters!

https://www.mentalhealth.org.uk/blog/why-language-we-use-describe-mental-health-matters

It is perhaps not surprising that an area of health that has been so systematically stigmatised for so many decades has historically settled for a discriminatory lexicon. Generations of people have grown up in societies that found terms like "psycho", "schizo", "loonie" and "crazy" perfectly acceptable. Many would argue that it is practice and not language that matters. But words are a barrier to help-seeking and a motivator for making discrimination acceptable. It can be a provider of a context for many people, which further entraps them in a vicious cycle, of thinking that they're suffering from "something" that they really shouldn't be – or worse, that this "something" is somehow defining them as lesser members of their communities.

8 Stigmatizing Phrases to Stop Using!

https://www.goodtherapy.org/blog/mental-health-matters-8-stigmatizing-phrases-to-stop-using-050715

The stigma surrounding mental health issues can be a significant barrier to care. Unfortunately, many people unknowingly contribute to the stigma simply with their everyday language choices. A poor choice of words not only stigmatizes, stereotypes, and creates unrealistic assumptions about certain people, but also can trivialize serious mental health conditions and their accompanying experiences.

https://www.supportinmindscotland.org.uk/language-matters

Caring for Your Mental Health!

https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health/

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

10 Surprising Mental Health Statistics From 2020!

https://www.mentalhealthfirstaid.org/external/2020/11/10-surprising-mental-health-statistics-from-2020/

Mental health and substance use challenges look different for each person affected. No challenge or diagnosis is exactly the same, and some mental health challenges can be difficult to recognize. It can be easy to generalize or make assumptions, but realities vary, and these challenges can impact more than you may think.

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