

Bulldog Health News

Artesia Public Schools

#BreakTheStigma

May 2023

May is Mental Health Awareness Month



The month of May has been recognized as Mental Health Awareness Month in the United States since 1949. It was founded by the Mental Health America organization (then known as the National Association for Mental Health) in order to raise awareness and educate the public about mental illness, including conditions like depression, schizophrenia and bipolar disorder, and reduce the stigma surrounding mental illness.

Mental Health Month aims to raise awareness regarding the

trauma and societal impact that mental illness can have on the physical, emotional, and mental well-being of children, families, and communities. Over the past 20 years, the Substance Abuse and Mental Health Services Administration and other organizations within the U.S. The Department of Health and Human Services have been making great strides in their efforts to increase the importance of understanding, openness, treatment, and prevention of mental health issues.

What is Mental Health Awareness and Why Does it Matter?

Being aware of your overall health is important so that you can detect any symptoms and seek professional help when necessary. While everyone is familiar with the symptoms and treatment options for common illnesses that affect their loved ones, like the flu, migraines, or (most recently) COVID-19, many people are unsure how to look after their mental health.

Raising mental health awareness can help you to understand your symptoms, find professional treatment, and, perhaps most importantly, break the mental health stigma that leaves so many people suffering in secret.

Mental health awareness is something that can help the millions of people who are impacted by mental health issues throughout the United States.

According to the National Alliance on Mental Illness (NAMI), one in five adults have had or currently have symptoms of a mental illness. These statistics show just how prevalent living with a mental illness is.

This is also why NAMI recognizes Mental Health Awareness Month in May.

The goal with a whole month of mental health awareness is to help people with mental illnesses understand that they are not alone in their struggles—and that getting treatment can make all the difference. If we applied this approach to mental health every day of the year, more and more people could benefit from knowing about these common illnesses.

Some common disorders that need more awareness include:

Generalized anxiety, Substance use disorder, Depression, Bipolar disorder, Post-traumatic stress disorder, Schizophrenia and Suicidal ideation.

Though all these mental health conditions have different symptoms, they can impact every aspect of your life. In truth, your mental health influences the way that you think, feel, and behave. This means that your social, professional, and personal life can be greatly impaired.

Many people who have mental health conditions aren't sure how to cope with their symptoms and resort to unhealthy coping mechanisms to push away their emotional discomfort. Mental health awareness makes all this information available to you so that you can assess your own risks and find help for any conditions you might have.



How Can Mental Health Awareness Help?

1. Understand Your Symptoms

A lot of people who have mental health symptoms don't realize that their struggles are a result of untreated disorders. Therefore, mental health awareness is helpful in getting you to understand your symptoms.

While all mental health conditions have different symptoms, some signs to look out for include change in sleeping patterns, loss of appetite, impulsive decision making, turning to drugs or alcohol in moments of distress, and suicidal thoughts.

If you haven't been feeling like yourself lately, you might have a mental health issue that requires immediate treatment. After all, the symptoms of mental health disorders can be incredibly dangerous for both your emotional and physical health.

2. More Behavioral Health Resources

Another significant benefit to mental health awareness is that the more people know about the need for mental health treatment, the more mental health resources will become available. Without mental health resources, people would not be able to recover.

The most important mental health resources are:

Mental health hospitals, Behavioral health programs, 12-step programs, Medical detox from drugs and alcohol, and Inpatient mental health treatment.

In mental health hospitals you will have all the resources you need to recover from mental health conditions, heal from co-occurring disorders, and learn strategies to maintain your health after your time in treatment. And mental health resources like crisis service care can keep you safe so that you have the ability to go through treatment.

3. Break the Mental Health Stigma

Most importantly, mental health awareness can break the stigma of needing mental health care. Having mental health disorders doesn't mean that you are "crazy." Mental health impacts millions of people across the country. With more awareness and the right mental health care, you will realize that you are not alone. Having mental health support gets you one step closer to mental health recovery.



If you know of anyone who seems to be struggling or overwhelmed, remind them of this site where they can get trusted resources. www.parentguidance.org is free and confidential. There is a link on bulldogs.org homepage.

National Resources

National Child Abuse Hotline

1-800-4-A-CHILD or
1-800-422-4533

National Domestic Violence

1-800-799-SAFE (7233)

National Sexual Assault

1-800-656-HOPE (4673)

RAINN (Rape, Abuse, Incest National Network)

1-800-656-HOPE (4673)

www.rainn.org

National Runaway Hotline

1-800-621-4000



National Alliance on Mental Illness—New Mexico

The National Alliance on Mental Illness is a nationwide advocacy group, representing families and people affected by mental health disorders in the United States.

The national organization is organized into state and local affiliates, of which NAMI—New Mexico is one.

Contact your campus
Social Worker / Counselor

Mitzi McCaleb

Director of Health and Wellness Services

Bulldogs.org/bulldoghealthnews

Mental Health Resources

Bulldog Wellness Center

(Artesia Public Schools partnering with the Permian Basin Counseling and Guidance)

Address: 1106 West Quay

Phone: 575-249-2561

Office hours: Monday –

Friday 8:00 am to 5:00 pm

Email: info@pbcg.org

Website:

permianbasincounseling.org



- *Individual Therapy
- *Family Therapy
- *Children's Play Therapy
- *Grief & Loss Counseling
- *Substance Use Issues
- *Depression & Anxiety
- *Cognitive Behavior Therapy
- *PTSD & Trauma
- *Children/Adolescent Therapy



Substance Abuse and Mental Health Services Administration

(SAMHSA) National Helpline

provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357)

<http://findtreatment.SAMHSA.gov>

Say Something Anonymous Reporting



Sandy Hook Promise's Say Something Anonymous Reporting System

is a holistic program combining education about the warning signs of potential violence or self-harm with the tools to safely report concerns. This is the only anonymous reporting system in the U.S. that provides training along with a mobile app, website, and hotline – *exclusively for schools.*

National Crisis Center

*Operates 24/7/365 – 24 hours a day, 7 days a week, 365 days a year.

*Solely responding to messages (aka tips) received by the *Say Something Anonymous Reporting System*

*Dedicated team of highly skilled and trained Crisis Counselors

*Fluent in multiple languages

*Trained in suicide prevention, crisis management, and mental health support.

*Skilled professionals with backgrounds in psychology, social work, and education.



Artesia General Hospital Behavioral Health

Address: 702 N. 13th Street

Phone: 575-748-3333



Memorial Family Practice

Address: 702 N. 13th Street

Phone: 575-746-3199

Presbyterian Medical Services (PMS)

Artesia Family Health Center

Address: 1105 Memorial Dr.

Phone: 575-746-9848

Fax: 505-443-8317



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1-800-422-4533

National Domestic Violence

1-800-799-SAFE (7233)

National Sexual Assault

1-800-656-HOPE (4673)

RAINN (Rape, Abuse, Incest National Network)

1-800-656-HOPE (4673)

www.rainn.org

National Runaway Hotline

1-800-621-4000

Artesia Police Department

Emergency: 911

Dispatch: 575-746-5000



NMCONNECT App available for iPhone and Android



“One touch” button for connection to mental health professionals on the State of NM’s 24-hour crisis and access hotline. Offers links to various mental health, substance abuse, and suicide prevention.

National Crisis Resources

Call, text, or chat with a professional who can help people experiencing mental health challenges by connecting the person to a trained crisis center who will provide confidential advice, support and referrals if needed.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line

Text “HOME” to 741741

Lifeline Crisis Chat

www.crisischat.org

These resources are available 24/7, 7 days/week, 365 days a year