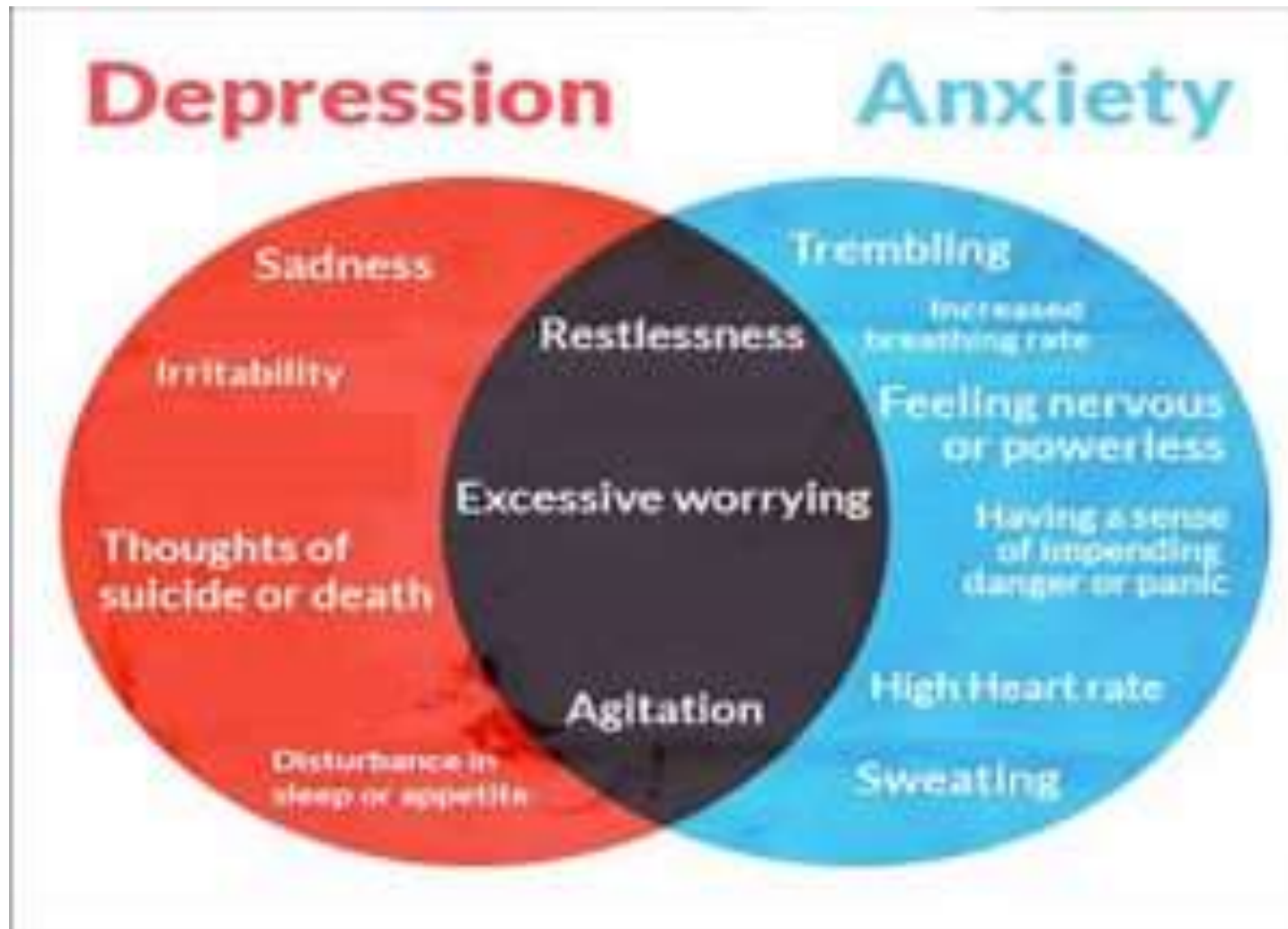


MENTAL HEALTH SLIDES FOR PARTNERS SPRING TOUR 2020

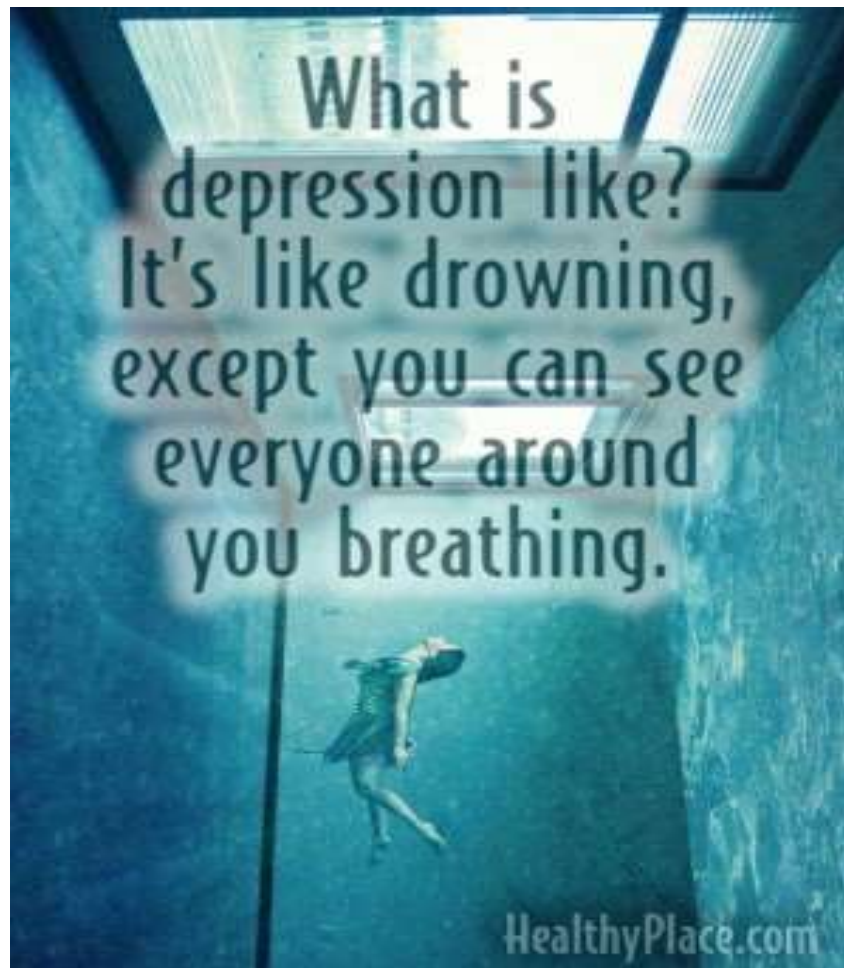


A mentally healthy person is someone who can learn from the past, live in the present, and plan for the future.



Since mental health is difficult to define and more difficult to measure, there is discussion about over-diagnosis, and over-medication because of these broad definitions of mental disorders. This has led to findings that medications, such as antidepressants, are now widely prescribed for other diagnoses, such as migraines, ADHD, menopause, and even digestive issues. In 2016, the FDA had to block a drug-maker from trying to market its antidepressant for “foggy thinking.”

ANXIETY is defined as a feeling of worry, nervousness, apprehension, fear, or uneasiness. It is a natural response to stress. Ordinary anxiety is normal when facing life stresses and may motivate a person to move beyond the stress. When anxiety symptoms become overwhelming and extreme, last for months, or interfere with life, then it has become an anxiety disorder.

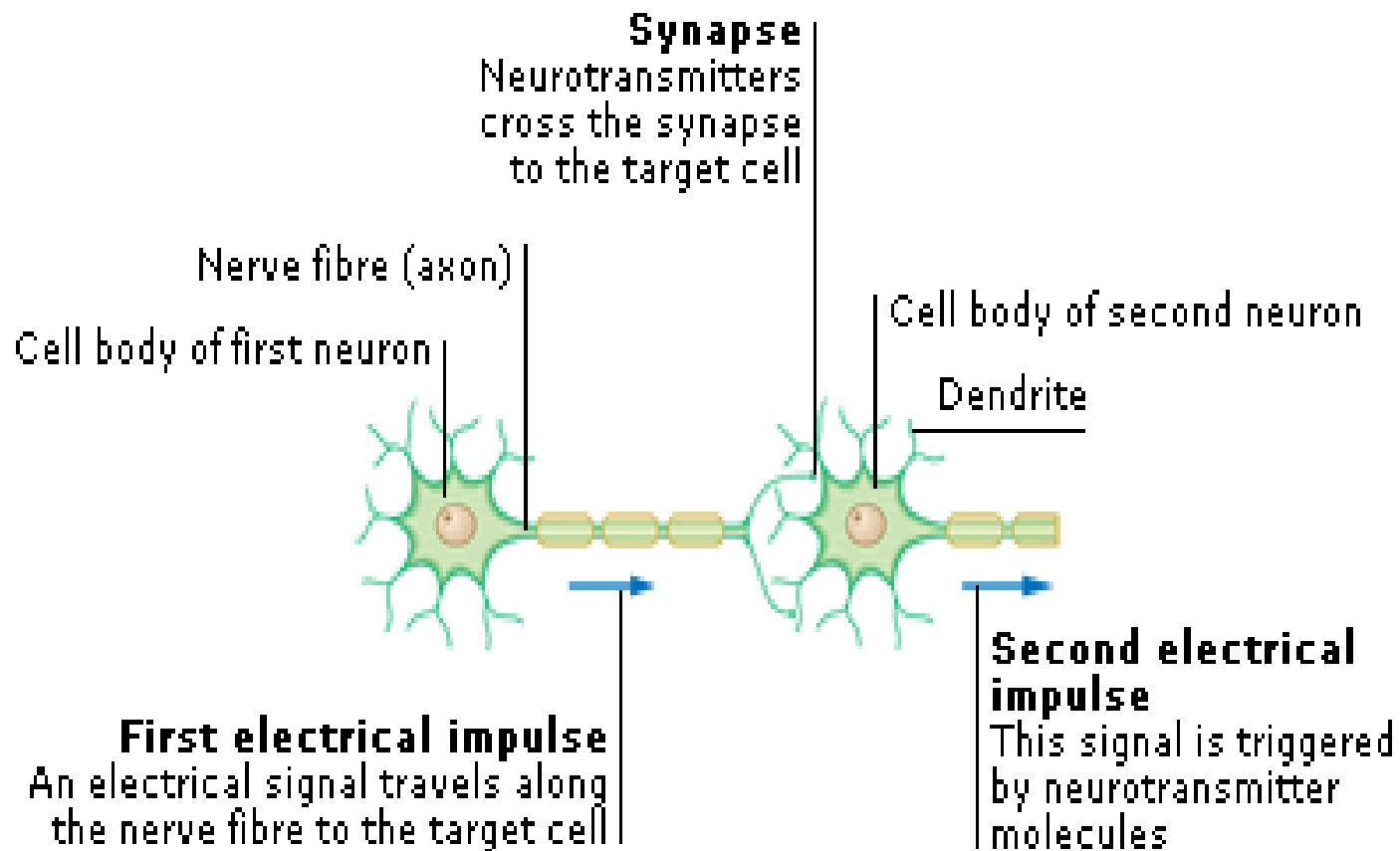


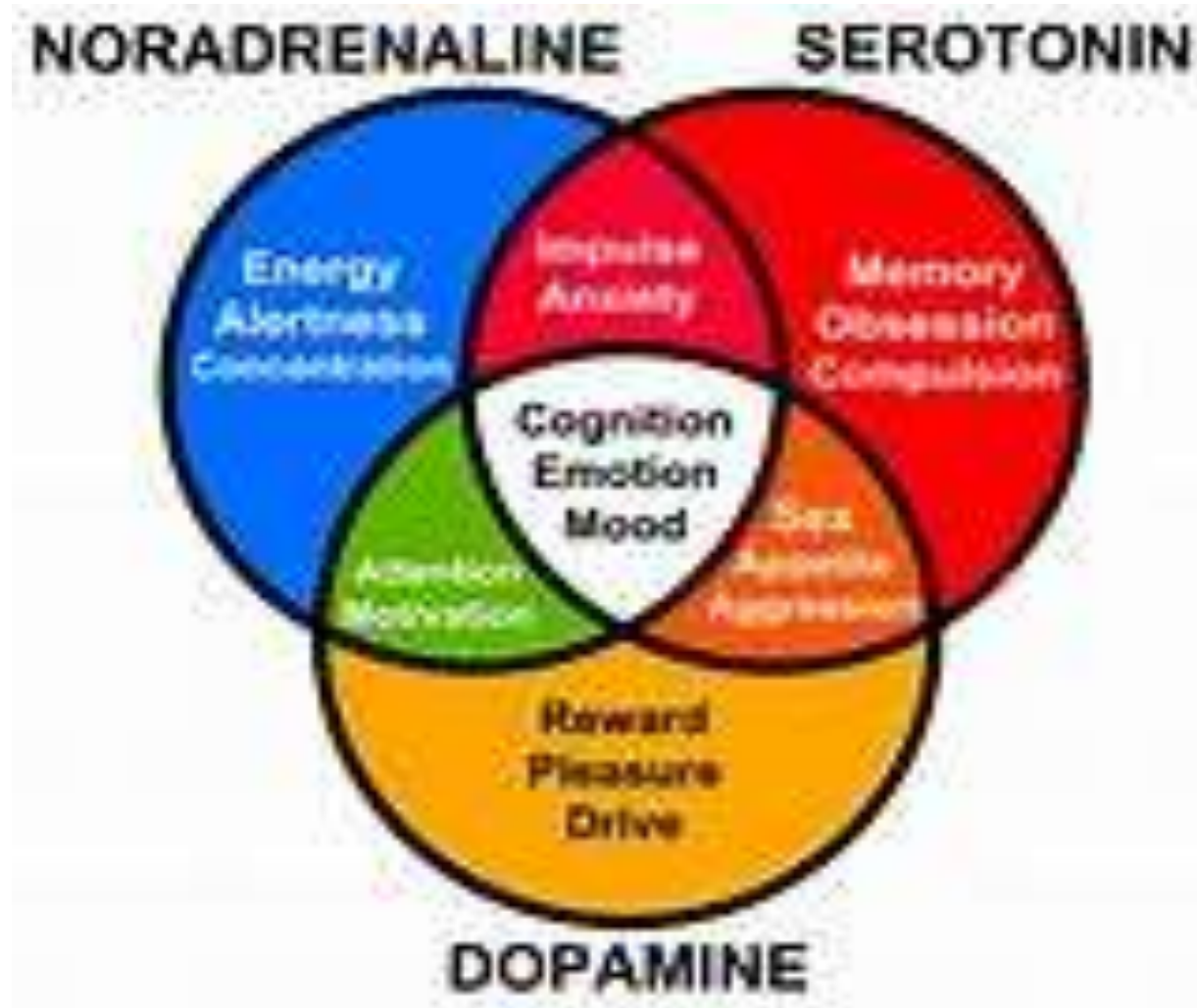
Depression and anxiety are not signs of weakness but of trying to remain strong for far too long. 1 in 3 of us will experience these symptoms at some point in our life.

Depression is
like a war.
You either win
or you die
trying.

Neurotransmitters are natural chemicals that help facilitate communication between your nerve cells.

Examples include norepinephrine and serotonin.

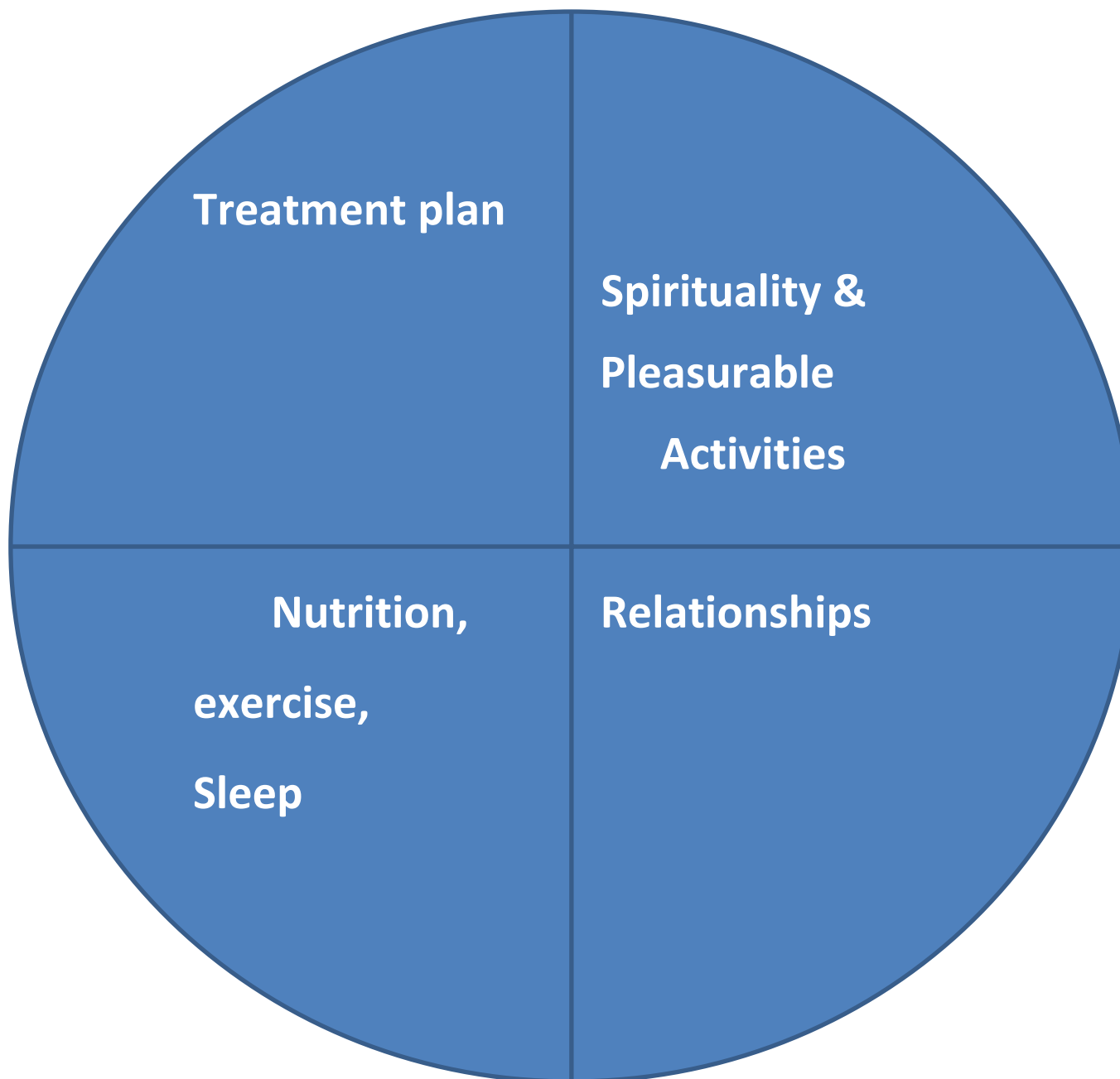




Changes in any of these or other chemicals results in symptoms related to emotion and mood.

Self-management action plan

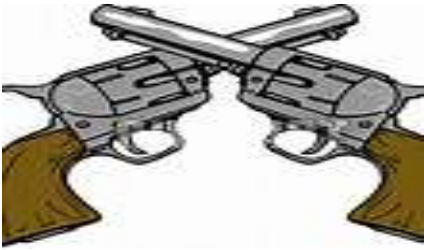
Self-management is the most important part of your treatment, but it can also be the most difficult.



Suicide is a serious problem in Wisconsin occurring among all groups of people. Suicide prevention is everybody's business.

2017 Wisconsin STATISTICS

71% of all deaths by firearm were suicide deaths.



Nearly **1 out of 5** individuals who died by suicide was a **veteran**.



The **rate of suicide** was **significantly higher in rural counties**



Suicide was the **2nd leading cause of death** among **adolescents** (10-19 years of age) in 2017.



Suicide rates were highest among individuals ages 45-54, 2013-2017

The symbols following are used in suicide prevention and awareness education.

*Letter
Me
Pretty*



Because your story isn't over yet

#BETHE1TO

(Refers to be the one to prevent suicide)

SEIZE THE AWKWARD

(This is a campaign to empower young adults to start and continue a conversation with friends who are struggling with their mental health)



STOP SUICIDE

Sherry Jelic
CHE Chair – Partners of WHA