

# **national mental wellness month**

## **National Mental Wellness Month: Prioritizing Your Wellbeing**

### **Introduction:**

Feeling overwhelmed? Stressed? Like you're constantly juggling a million things and your mental health is taking a backseat? You're not alone. Every year, July marks National Mental Wellness Month – a crucial time to focus on our mental wellbeing, destigmatize mental health struggles, and prioritize self-care. This comprehensive guide dives deep into the significance of National Mental Wellness Month, exploring practical strategies, resources, and the importance of seeking support. We'll unravel the myths surrounding mental health, provide actionable steps you can take to improve your mental wellbeing, and offer guidance on where to find help if you need it. Get ready to prioritize your mental health – you deserve it!

### **Understanding the Importance of National Mental Wellness Month**

National Mental Wellness Month isn't just a catchy phrase; it's a dedicated period for raising awareness about mental health issues and promoting proactive strategies for better wellbeing. It's a powerful reminder that mental health is just as important as physical health. This month provides a platform to:

**Reduce Stigma:** Openly discussing mental health challenges helps to dismantle the stigma that prevents many from seeking help. Sharing personal experiences and normalizing conversations around mental wellbeing is a vital step towards creating a more supportive and understanding society.

**Promote Self-Care:** National Mental Wellness Month encourages individuals to prioritize self-care practices that promote mental wellbeing. This includes everything from regular exercise and mindfulness to healthy eating and sufficient sleep.

**Increase Awareness of Mental Health Resources:** The month serves as an opportunity to learn about available mental health resources, support groups, and professional help. Knowing where to turn when facing challenges is crucial for effective management.

**Educate and Inform:** Numerous workshops, webinars, and campaigns are organized during this month, providing valuable information on various mental health conditions, coping mechanisms, and treatment options.

### **Practical Steps Towards Better Mental Wellbeing**

This isn't about lofty ideals; it's about actionable steps you can take right now to improve your mental health.

**Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night. A consistent sleep schedule can significantly impact your mood, energy levels, and overall mental wellbeing.

**Nourish Your Body:** A balanced diet plays a crucial role in mental health. Focus on consuming whole foods, fruits, vegetables, and lean protein, while minimizing processed foods, sugar, and caffeine.

**Move Your Body:** Regular physical activity releases endorphins, which have mood-boosting effects. Find activities you enjoy – whether it's dancing, hiking, yoga, or simply a brisk walk – and make it a consistent part of your routine.

**Practice Mindfulness:** Mindfulness techniques, such as meditation or deep breathing exercises, can help you manage stress, anxiety, and negative thoughts. Even a few minutes a day can make a difference.

**Connect with Others:** Social connection is vital for mental wellbeing. Spend quality time with loved ones, join a club or group, or volunteer to build stronger social bonds.

**Set Realistic Goals:** Avoid overwhelming yourself with too many tasks. Break down large goals into smaller, manageable steps to avoid feeling overwhelmed and discouraged.

**Learn to Say No:** It's okay to prioritize your wellbeing by setting boundaries and saying no to commitments that drain your energy or cause unnecessary stress.

**Seek Professional Help:** Don't hesitate to seek professional help if you're struggling with your mental health. A therapist or counselor can provide guidance, support, and tools to manage your challenges.

## Debunking Mental Health Myths

Many misconceptions surround mental health, preventing individuals from seeking help. Let's address some common myths:

**Myth:** Mental illness is a sign of weakness. **Reality:** Mental illness is a medical condition, just like any other physical illness. It requires treatment and support, not judgment.

**Myth:** You can just "snap out of it." **Reality:** Mental illness is complex and requires professional help and ongoing support.

**Myth:** Talking about mental health will make things worse. **Reality:** Openly discussing mental health reduces stigma and creates a supportive environment for seeking help.

**Myth:** Mental illness is incurable. **Reality:** Many mental health conditions are treatable, and with proper care and support, individuals can lead fulfilling lives.

## Finding the Right Support During National Mental Wellness Month and Beyond

National Mental Wellness Month provides a platform to connect with various resources:

**Mental Health America (MHA):** Offers a wealth of information, resources, and

support groups.

National Alliance on Mental Illness (NAMI): Provides education, advocacy, and support for individuals and families affected by mental illness.

The Substance Abuse and Mental Health Services Administration (SAMHSA): Offers a national helpline and various resources for mental health and substance abuse treatment.

Your Primary Care Physician: Your doctor can provide initial assessments and referrals to mental health professionals.

Remember, seeking help is a sign of strength, not weakness.

#### Conclusion:

National Mental Wellness Month is a vital reminder to prioritize our mental wellbeing. By incorporating practical self-care strategies, challenging mental health myths, and seeking support when needed, we can cultivate a more resilient and fulfilling life. Remember, your mental health matters, and there's always support available. Make this July a month dedicated to prioritizing yourself and your mental wellbeing – and continue those practices throughout the year.

#### FAQs:

1. What are some free resources available for mental health support during National Mental Wellness Month? Many organizations offer free webinars, online resources, and support groups throughout July. Check the websites of MHA, NAMI, and SAMHSA for details.
1. How can I talk to my loved ones about their mental health concerns? Approach the conversation with empathy and understanding. Let them know you care and are there for them without judgment. Encourage them to seek professional help if needed.
1. Is it normal to experience occasional feelings of sadness or anxiety? Yes, it's completely normal to experience temporary periods of sadness or anxiety. However, if these feelings persist or significantly interfere with your daily life, seeking professional help is recommended.
1. What if I don't know where to start seeking help for my mental health?

Start by talking to your primary care physician. They can provide guidance and referrals to mental health professionals in your area.

1. How can I contribute to reducing the stigma surrounding mental health? Start by openly discussing your own mental health experiences (if you're comfortable) and educating others about mental health conditions. Support organizations that work towards destigmatization and advocate for better mental health services.

**national mental wellness month:** *Another Kind of Madness* Stephen Hinshaw, 2017-06-20  
Parallel to *An Unquiet Mind* and *The Glass Castle*, a deeply personal memoir calling for the destigmatization of mental illness

**national mental wellness month:** *You are Not Alone*, 1992

**national mental wellness month:** *A Mind that Found Itself* Clifford Whittingham Beers, 1923  
The publication of this work resulted in a public outcry in the 1900's that began an inquiry into the state of U.S. mental health care and psychiatric services. It contributed significantly to the mental hygiene movement and to establish the National Committee for Mental Hygiene

**national mental wellness month: 72 Hour Hold** Bebe Moore Campbell, 2007-12-18 NEW YORK TIMES BESTSELLER • A tightly woven, well-written story about mothers and daughters, highs and lows, ex-husbands and boyfriends.... Universally touching. —San Francisco Chronicle  
Trina is eighteen and suffers from bi-polar disorder, making her paranoid, wild, and violent. Frightened by her own child, Keri searches for help, quickly learning that the mental health community can only offer her a seventy-two hour hold. After these three days Trina is off on her own again. Fed up with the bureaucracy and determined to save her daughter by any means necessary, Keri signs on for an illegal intervention known as The Program, a group of radicals who eschew the psychiatric system and model themselves after the Underground Railroad. In the upheaval that follows, she is forced to confront a past that refuses to stay buried, even as she battles to secure a future for her child.

**national mental wellness month: Mental Health, Substance Use, and Wellbeing in Higher Education** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05  
Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and

resulting economic consequences. Some are the result of long-festerling systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. Mental Health, Substance Use, and Wellbeing in Higher Education lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

**national mental wellness month: *It's Kind of a Funny Story*** Ned Vizzini, 2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

**national mental wellness month: *What the Best Law Teachers Do*** Michael Hunter Schwartz, 2013-08-20 This pioneering book is the first to identify the methods, strategies, and personal traits of law professors whose students achieve exceptional learning. Modeling good behavior through clear, exacting standards and meticulous preparation, these instructors know that little things also count—starting on time, learning names, responding to emails.

**national mental wellness month: *The Mental Hygiene Movement*** Clifford Whittingham Beers, 1917

**national mental wellness month: *Ending Discrimination Against People with Mental and Substance Use Disorders*** National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Changing Behavioral Health Social Norms, 2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. *Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change* explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

**national mental wellness month: *Advocacy for Mental Health*** World Health Organization, Alberto Minoletti, 2003 This volume is part of a series of publications which contain practical

guidance to assist policy-makers and planners in member countries with policy development to address public mental health needs and service provision. This volume highlights the importance of advocacy in mental health policy and service development, a relatively new concept, aimed at reducing stigma and discrimination, and promoting the human rights of people with mental disorders. It considers the roles of various mental health groups in advocacy and sets out practical steps for implementation, indicating how governments can support advocacy services. The full package of eight volumes in the series is also available (ISBN 0119894173).

**national mental wellness month: The Health Effects of Cannabis and Cannabinoids**

National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The Health Effects of Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

**national mental wellness month: Improving the Quality of Health Care for Mental and Substance-Use Conditions** Institute of Medicine, Board on Health Care Services, Committee on Crossing the Quality Chasm: Adaptation to Mental Health and Addictive Disorders, 2006-03-29 Each year, more than 33 million Americans receive health care for mental or substance-use conditions, or both. Together, mental and substance-use illnesses are the leading cause of death and disability for women, the highest for men ages 15-44, and the second highest for all men. Effective treatments exist, but services are frequently fragmented and, as with general health care, there are barriers that prevent many from receiving these treatments as designed or at all. The consequences of this are serious—for these individuals and their families; their employers and the workforce; for the nation's economy; as well as the education, welfare, and justice systems. Improving the Quality of Health Care for Mental and Substance-Use Conditions examines the distinctive characteristics of health care for mental and substance-use conditions, including payment, benefit coverage, and regulatory issues, as well as health care organization and delivery issues. This new volume in the Quality Chasm series puts forth an agenda for improving the quality of this care based on this analysis. Patients and their families, primary health care providers, specialty mental health and substance-use treatment providers, health care organizations, health plans, purchasers of group health care, and all involved in health care for mental and substance-use conditions will benefit from this guide to achieving better care.

**national mental wellness month: Emotionally Naked** Anne Moss Rogers, Kimberly H. McManama O'Brien, 2021-08-24 Discover effective strategies to help prevent youth suicide In

Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk, trainer, speaker, and suicide loss survivor Anne Moss Rogers, and clinical social worker and researcher, Kimberly O'Brien, PhD, LICSW, empower middle and high school educators with the knowledge and skills to leverage their relationships with students to reduce this threat to life. The purpose of this book is not to turn teachers into therapists but given the pervasive public health problem of suicide in our youth, it's a critical conversation that all educators need to feel comfortable having. Educators will learn evidence-based concepts of suicide prevention, plus lesser known innovative strategies and small culture shifts for the classroom to facilitate connection and healthy coping strategies, the foundation of suicide prevention. Included is commentary from teachers, school psychologists, experts in youth suicidology, leaders from mental health nonprofits, program directors, and students. In addition, readers will find practical tips, and sample scripts, with innovative activities that can be incorporated into teaching curricula. You'll learn about: The teacher's role in suicide prevention, intervention, postvention, collaboration The different and often cryptic ways students indicate suicidality What to do/say when a student tells you they are thinking of suicide Small shifts that can create a suicide-prevention classroom/school environment How to address a class of grieving students and the empty desk syndrome Link to a download of resources, worksheets, activities, scripts, quizzes, and more Who is it for: Middle/high school teachers and educators, school counselors, nurses, psychologists, coaches, and administrators, as well as parents who wish to better understand the complex subject of youth suicide.

**national mental wellness month: Mental Health** , 2001

**national mental wellness month: Assessing Fitness for Military Enlistment** National Research Council, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Youth Population and Military Recruitment: Physical, Medical, and Mental Health Standards, 2006-02-27 The U.S. Department of Defense (DoD) faces short-term and long-term challenges in selecting and recruiting an enlisted force to meet personnel requirements associated with diverse and changing missions. The DoD has established standards for aptitudes/abilities, medical conditions, and physical fitness to be used in selecting recruits who are most likely to succeed in their jobs and complete the first term of service (generally 36 months). In 1999, the Committee on the Youth Population and Military Recruitment was established by the National Research Council (NRC) in response to a request from the DoD. One focus of the committee's work was to examine trends in the youth population relative to the needs of the military and the standards used to screen applicants to meet these needs. When the committee began its work in 1999, the Army, the Navy, and the Air Force had recently experienced recruiting shortfalls. By the early 2000s, all the Services were meeting their goals; however, in the first half of calendar year 2005, both the Army and the Marine Corps experienced recruiting difficulties and, in some months, shortfalls. When recruiting goals are not being met, scientific guidance is needed to inform policy decisions regarding the advisability of lowering standards and the impact of any change on training time and cost, job performance, attrition, and the health of the force. Assessing Fitness for Military Enlistment examines the current physical, medical, and mental health standards for military enlistment in light of (1) trends in the physical condition of the youth population; (2) medical advances for treating certain conditions, as well as knowledge of the typical course of chronic conditions as young people reach adulthood; (3) the role of basic training in physical conditioning; (4) the physical demands and working conditions of various jobs in today's military services; and (5) the measures that are used by the Services to characterize an individual's physical condition. The focus is on the enlistment of 18- to 24-year-olds and their first term of service.

**national mental wellness month: Developing a National Mental Health Policy** Lynne Friedli, Rachel Jenkins, Andrew McCulloch, Camilla Parker, 2005-07-22 Impressive array of authors with many areas of expertise. Will be of interest to policy researchers and health services as well as to the academic community. Forewords by Julian Lob Levyt and Professor Sir David Goldberg, author of Mental Health in our Future Cities, published by Psychology Press (Maudsley Monographs), 1998.

**national mental wellness month: Homelessness, Health, and Human Needs** Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

**national mental wellness month: What Is the Evidence on the Role of the Arts in Improving Health and Well-Being** Daisy Fancourt, Saoirse Finn, 2019-06 Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region. Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan. The reviewed evidence included study designs such as uncontrolled pilot studies, case studies, small-scale cross-sectional surveys, nationally representative longitudinal cohort studies, community-wide ethnographies and randomized controlled trials from diverse disciplines. The beneficial impact of the arts could be furthered through acknowledging and acting on the growing evidence base; promoting arts engagement at the individual, local and national levels; and supporting cross-sectoral collaboration.

**national mental wellness month: *Recovering from Reality*** Alexis Haines, 2019-12-03

**national mental wellness month: Evaluation of the Department of Veterans Affairs Mental Health Services** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee to Evaluate the Department of Veterans Affairs Mental Health Services, 2018-03-29 Approximately 4 million U.S. service members took part in the wars in Afghanistan and Iraq. Shortly after troops started returning from their deployments, some active-duty service members and veterans began experiencing mental health problems. Given the stressors associated with war, it is not surprising that some service members developed such mental health conditions as posttraumatic stress disorder, depression, and substance use disorder. Subsequent epidemiologic studies conducted on military and veteran populations that served in the operations in Afghanistan and Iraq provided scientific evidence that those who fought were in fact being diagnosed with mental illnesses and experiencing mental health-related outcomes—in particular, suicide—at a higher rate than the general population. This report provides a comprehensive assessment of the quality, capacity, and access to mental health care services for veterans who served in the Armed Forces in Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn. It includes an analysis of not only the quality and capacity of mental health care services within the Department of Veterans Affairs, but also barriers faced by patients in utilizing those services.

**national mental wellness month: Healing** Thomas Insel, MD, 2022-02-22 A bold, expert, and actionable map for the re-invention of America's broken mental health care system. "Healing is truly one of the best books ever written about mental illness, and I think I've read them all. —Pete Earley, author of *Crazy As* director of the National Institute of Mental Health, Dr. Thomas Insel was giving a presentation when the father of a boy with schizophrenia yelled from the back of the room, "Our house is on fire and you're telling me about the chemistry of the paint! What are you doing to put out the fire?" Dr. Insel knew in his heart that the answer was not nearly enough. The gargantuan American mental health industry was not healing millions who were desperately in need. He left his position atop the mental health research world to investigate all that was broken—and what a better path to mental health might look like. In the United States, we have treatments that work, but our system fails at every stage to deliver care well. Even before COVID, mental illness was claiming a

life every eleven minutes by suicide. Quality of care varies widely, and much of the field lacks accountability. We focus on drug therapies for symptom reduction rather than on plans for long-term recovery. Care is often unaffordable and unavailable, particularly for those who need it most and are homeless or incarcerated. Where was the justice for the millions of Americans suffering from mental illness? Who was helping their families? But Dr. Insel also found that we do have approaches that work, both in the U.S. and globally. Mental illnesses are medical problems, but he discovers that the cures for the crisis are not just medical, but social. This path to healing, built upon what he calls the three Ps (people, place, and purpose), is more straightforward than we might imagine. Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward. The fruit of a lifetime of expertise and a global quest for answers, *Healing* is a hopeful, actionable account and achievable vision for us all in this time of mental health crisis.

**national mental wellness month: Transforming Stigma** Mike Veny, 2019-07-08 *Transforming Stigma* provides a simple solution to improve the lives of people struggling with mental health challenges. The agony of a lifetime battling his own mental health challenges led Mike to the realization that one of the most difficult obstacles in overcoming a mental health challenge is The Stigma Cycle.

**national mental wellness month: *Sometimes My Mommy Gets Angry*** Bebe Moore Campbell, 2005 A little girl copes with her mother's mental illness, with the help of her grandmother and friends.

**national mental wellness month: *The Inner Level*** Richard Wilkinson, Kate Pickett, 2020-01-21 A groundbreaking investigation of how inequality infects our minds and gets under our skin Why are people more relaxed and at ease with each other in some countries than others? Why do we worry so much about what others think of us and often feel social life is a stressful performance? Why is mental illness three times as common in the USA as in Germany? Why is the American dream more of a reality in Denmark than the USA? What makes child well-being so much worse in some countries than others? As *The Inner Level* demonstrates, the answer to all these is inequality. In *The Spirit Level* Richard Wilkinson and Kate Pickett put inequality at the center of public debate by showing conclusively that less equal societies fare worse than more equal ones across everything from education to life expectancy. *The Inner Level* now explains how inequality affects us individually, altering how we think, feel and behave. It sets out the overwhelming evidence that material inequities have powerful psychological effects: when the gap between rich and poor increases, so does the tendency to define and value ourselves and others in terms of superiority and inferiority. A deep well of data and analysis is drawn upon to empirically show, for example, that low social status leads to elevated levels of stress hormones, and how rates of anxiety, depression and addictions are intimately related to the inequality which makes that status paramount. Wilkinson and Pickett describe how these responses to hierarchies evolved, and why the impacts of inequality on us are so severe. In doing so, they challenge the conception that humans are inescapably competitive and self-interested. They undermine, too, the idea that inequality is the product of natural differences in individual ability. This book draws together many of the most urgent problems facing societies today, but it is not just an index of our ills. It demonstrates that societies based on fundamental equalities, sharing and reciprocity generate much higher levels of well-being, and lays out the path towards them.

**national mental wellness month: *Transforming the Workforce for Children Birth Through Age 8*** National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged

as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

**national mental wellness month: Responding to Suicide** Association of Catholic Mental Health Ministers, 2020-11-20 Winner of the Resource of the Year award and a first-place award in resources for ministry from the Association of Catholic Publishers and a third-place award in pastoral ministry books from the Catholic Media Association. Many pastoral leaders feel ill-equipped to respond to the turmoil of those who face the death by suicide of a loved one. Responding to Suicide is the first book written for Catholic leaders that takes a holistic approach to understanding suicide and ministering effectively in its aftermath. More than a dozen leading mental health practitioners, Catholic theologians, and pastoral care experts share how best to respond to suicide as leaders in parishes, schools, healthcare systems, and other Church settings. The book offers a cross-disciplinary approach that provides basic information about the central role of mental health in suicide and clarifies Church teaching about suicide, funerals and burials for those who have died by suicide, and their afterlife. The National Center for Health Statistics and the Centers for Disease Control and Prevention report that suicide was the tenth most common cause of death among Americans of all ages in 2017 and the second leading cause of death among fifteen to twenty-four year-olds. Death by suicide is usually sudden, often violent, and frequently comes at the end of a long and difficult struggle with a mental illness. Heaped on top of that is a social stigma that leaves loved ones in shock and often burdened with shame. Responding to Suicide addresses common concerns of the bereaved following a suicide: skepticism that Catholic leaders will understand; fear that the Church teaches that their loved one is in hell; and belief that they will find little if any support in the Church. More than a dozen contributors from across the spectrum of Catholic life provide rich guidance rooted in firsthand experience of suicide loss. Contributors include Deacon Ed Shoener, Bishop John P. Dolan, Msgr. Charles Pope, Leticia Adams, Archbishop Wilton Gregory, Msgr. Stephen Rossetti, and clinical experts in the field of mental health and suicide. They share personal stories of loss, grief, hope, and healing, and clear up misconceptions about Church teaching. They offer practical takeaways for pastoral leaders: dos and don'ts when talking about suicide guidance for preaching and planning funerals information on the role of mental illnesses in suicide resource lists for those who grieve as well as for your own professional development suggested protocols for ministering to a school or parish community following a suicide ideas about forming parish outreach ministries to the bereaved that address the needs of suicide loss

**national mental wellness month: Pain Management and the Opioid Epidemic** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is

now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

**national mental wellness month:** *Results from the ... National Survey on Drug Use and Health* National Survey on Drug Use and Health (U.S.), 2002

**national mental wellness month:** Assessing Mental Health and Psychosocial Needs and Resources World Health Organization, 2013 Mental health and psychosocial support (MHPSS) is a term used to describe a wide range of actions that address social, psychological and psychiatric problems that are either pre-existing or emergency-induced. These actions are carried out in highly different contexts by organizations and people with different professional backgrounds, in different sectors and with different types of resources. All these different actors--and their donors--need practical assessments leading to recommendations that can be used immediately to improve people's mental health and well-being. Although a range of assessment tools exist, what has been missing is an overall approach that clarifies when to use which tool for what purpose. This document offers an approach to assessment that should help you review information that is already available and only collect new data that will be of practical use, depending on your capacity and the phase of the humanitarian crisis. This document is rooted in two policy documents, the IASC Reference Group's (2010) *Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should Humanitarian Health Actors Know?* and the Sphere Handbook's *Standard on Mental Health* (Sphere Project, 2011). It is written primarily for public health actors. As the social determinants of mental health and psychosocial problems occur across sectors, half of the tools in the accompanying toolkit cover MHPSS assessment issues relevant to other sectors as well as the health sector.

**national mental wellness month:** **Courage to Change—One Day at a Time in Al-Anon II** Al-Anon Family Groups, 2018-08-01 More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives.

**national mental wellness month:** Head Space and Timing Duane K. L. France LPC, 2019-05-26 Every veteran has a story. You just have to listen to it. It can be surprising how difficult it is...and also how easy...for a veteran to be able to tell their story. The impacts of combat, deployments, or even just military experience in general are felt long after a veteran leaves the service. The guns do not always go silent when a veteran leaves the military...neither should the veteran. When combat veteran and retired Army Noncommissioned Officer Duane France retired, he knew he wanted to continue to serve his fellow veterans. As a grandson, nephew, and son of combat veterans, he grew up knowing the impact of combat and military service on veterans and their families, and as a leader with five combat and operational deployments, he saw the same things happening in the service members of his generation. After starting to work as a clinical mental health counselor exclusively for veterans and their spouses, Duane started to write his observations and experiences on his blog, *Head Space and Timing*, located at [www.veteranmentalhealth.com](http://www.veteranmentalhealth.com). This book is a collection of 52 articles designed to help veterans, those who support them, and those who care for them to understand the military experience and to change the way they think about veteran mental health.

**national mental wellness month:** **Head Start Program Performance Standards** United States. Office of Child Development, 1975

**national mental wellness month:** Self-Care for Men Garrett Munce, 2020-05-05 This straightforward and illuminating guide offers self-care techniques—from skin care to stress relief—designed for modern men who want to live longer, look better, and feel calm, focused, and happy. Taking care of your mind, body, and soul is important to living a longer, more satisfying life and helps you feel confident in your daily interactions with others. In *Self-Care for Men*, author Garrett Munce—grooming editor for *Esquire* and *Men's Health* and confirmed self-care practitioner—teaches you how to improve your physical and mental health and overall well-being through these easy and practical tips and exercises—from grooming to meditation—that are proven to work. Practiced by men like David Beckham, Snoop Dogg, and Adam Levine, self-care is a key component to overall wellness. This helpful guide introduces you to anti-aging products and practices, explains why masks are the HIIT workout of skincare, and shows you how to relax when you're on the go. Offering advice on a range of topics from hair care, supplements, detoxing, the wonders of CBD, improving your energy levels, and more, *Self-Care for Men* will not only help you look and feel better, but live a happier, healthier, and more successful life.

**national mental wellness month:** *Nurses With Disabilities* Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

**national mental wellness month:** Chase's Calendar of Events 2021 Editors of Chase's, 2020-10-27 Find out what's going on any day of the year, anywhere across the globe! The world's date book since 1957, Chase's is the definitive, authoritative, day-by-day resource of what the world is celebrating and commemorating. From national days to celebrity birthdays, from historical anniversaries to astronomical phenomena, from award ceremonies and sporting events to religious festivals and carnivals, Chase's is the must-have reference used by experts and professionals—a one-stop shop with 12,500 entries for everything that is happening now or is worth remembering from the past. Completely updated for 2021, Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips. 2021 is packed with special events and observances, including National days and public holidays of every nation on Earth The 400th anniversary of the Plymouth pilgrim Thanksgiving The 200th independence anniversary from Spain of its Central and South American colonies. The 100th anniversary of the Tulsa Race Massacre Scores of new special days, weeks and months Birthdays of new world leaders, office holders, and breakout stars And much more! All from the reference book that Publishers Weekly calls one of the most impressive reference volumes in the world.

**national mental wellness month:** *Crazy* Pete Earley, 2007-04-03 “A magnificent gift to those of us who love someone who has a mental illness...Earley has used his considerable skills to meticulously research why the mental health system is so profoundly broken.”—Bebe Moore Campbell, author of *72 Hour Hold* Former Washington Post reporter Pete Earley had written extensively about the criminal justice system. But it was only when his own son—in the throes of a manic episode—broke into a neighbor's house that he learned what happens to mentally ill people who break a law. This is the Earley family's compelling story, a troubling look at bureaucratic apathy and the countless thousands who suffer confinement instead of care, brutal conditions instead of treatment, in the “revolving doors” between hospital and jail. With mass deinstitutionalization, large numbers of state mental patients are homeless or in jail—an experience little better than the horrors of a century ago. Earley takes us directly into that experience—and into that of a father and award-winning journalist trying to fight for a better way.

**national mental wellness month:** Family guide to systems of care for children with mental

[health needs](#) , 1998

**national mental wellness month: Women's Mental Health** Susan G. Kornstein, Anita H. Clayton, 2004-12-15 This comprehensive reference and text synthesizes a vast body of clinically useful knowledge about women's mental health and health care. Coverage includes women's psychobiology across the life span--sex differences in neurobiology and psychopharmacology and psychiatric aspects of the reproductive cycle--as well as gender-related issues in assessment and treatment of frequently encountered psychiatric disorders. Current findings are presented on sex differences in epidemiology, risk factors, presenting symptoms, treatment options and outcomes, and more. Also addressed are mental health consultation to other medical specialties, developmental and sociocultural considerations in service delivery, and research methodology and health policy concerns.

**national mental wellness month: Investing in Mental Health** , 2013

**national mental wellness month: Surfacing** Marion Scher, 2021 An average of 1400 people call the South African Depression and Anxiety Suicide Helpline every day. And those are just the people who know it exists and are able to reach out for help, either for themselves or for a loved one. Journalist Marion Scher has spent years speaking to people suffering from depression or some other form of mental illness and felt compelled to share some of these stories in Surfacing. Each chapter tells a different and very personal story, from a Springbok rugby player faced overnight with mental illness to a successful businessman who attempted suicide three times in one day. A new mother whose horrific real experiences didn't match the Instagram photos of blissful motherhood she had expected, and a mother's heartbreaking story of surviving the loss of her teenage daughter to suicide. The common thread that runs through the stories is how each person learnt to deal with their illness, conquer their personal mountains, and go on to lead healthy, fulfilled lives-- more than they'd ever hoped for.

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