

Wellness Culture

October Observance: World Mental Health Day (Oct. 10th)

Key Information: Mental health involves emotional well being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges (balance); Lack of mental disorder. Each culture has their own beliefs which govern their mental health.

Power of Friendship: Friendship and social support is very important to people experiencing mental distress. It helps prevent mental ill-health and can also aid recovery, where the quality of social support is good.

Getting Help: Below is a list of people and places that will make a referral to, or provide, diagnostic and treatment services:

- Family doctors
- Mental health specialists; psychiatrists, psychologists, social workers, mental health counselors
- Religious leaders/counselors
- Health maintenance organizations
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- University- or medical school-affiliated programs
- State hospital outpatient clinics
- Social service agencies
- Private clinics and facilities
- Employee assistance programs
- Local medical and/or psychiatric societies
- *(Check with your local yellow pages for phone numbers and addresses.)*

Action Steps Made Easy:

1. List 3 ways to strengthen your friendships.
2. List 3 stressors that you have control over in your life.
3. Write 2-3 specific goals related to 1 & 2 above.
4. Get 30 minutes of cardiovascular exercise daily, eat a well balanced diet.

Example: I will call or meet with one of my close friends every Wednesday. Obstacle strategy #1: I will call another friend or "enjoyable" family member if I am unable to connect.

Life Impact: Action steps towards improving your mental health will help you to improve your overall satisfaction with life and often times results in a decrease of physical pain symptoms.

Resources: The National Institute of Mental Health (NIMH)-www.nimh.nih.gov
World Federation for Mental Health (WFMH)-www.wfmh.com



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