



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media

From: Central Michigan District Health Department

RE: World Mental Health Day – October 10, 2021

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World Mental Health Day, October 10, 2021 Suicide Prevention

Central Michigan District Health Department (CMDHD) would like to recognize World Mental Health Day on October 10, 2021. According to the Centers for Disease Control and Prevention, more than 50% of those living in the United States will be diagnosed with a mental illness or disorder at some point in their lifetime, and 1 in 5 Americans will experience a mental illness each year. The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted.

CMDHD would like to highlight ways one could help protect his or her mental health. For starters though, what is mental health anyway? "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood." (www.mentalhealth.gov)

We often show concern and care for others, reaching out to friends and family when they are struggling. What about looking within? It is just as important to check in with yourself and how you are doing psychologically, socially, and emotionally. Here are some tips to consider when doing a mental health check-in:

- Think about your thinking... are you stuck thinking only or mostly negative thoughts? Are you engaging in thinking that increases conflict instead of moving toward a solution, like blaming others or making things out to be worse than they are (i.e., catastrophizing)? Our thoughts affect our mood and in turn, our behaviors, so if the thinking is off, it could lead to bigger issues.

Please visit us at our website www.cmdhd.org

- Listen to your body. Take care of your body. Our body is connected to our mind and stresses in one area affect the other. Are you getting enough sleep? Are you carrying tension in your neck or shoulders, grinding or clenching your teeth? Pay attention if your body is trying to tell you something. Are you getting enough nutritious foods in your diet? Movement and exercise are also an important part of managing stress, as well as in keeping the body healthy. Are you being as active and moving as much as you normally do?
- Pay attention to your feelings and behaviors. Take stock of things that have changed. For example, if you are being less patient, more irritable, or short with people. Are you enjoying the things that you would normally find joy in? Do you socialize with others as often as you used to, even if the interactions may look different during the current times?

It is also important to note that if you or a loved one ever has thoughts about wanting to hurt themselves, the suicide prevention helpline can be reached at 1-800-273-TALK (8255), or you can text HOME to 741741.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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To request an interview, please visit our website (cmdhd.org) and fill out the [Media Interview Request Form](#).

References:

www.mentalhealth.gov

<https://www.cdc.gov/mentalhealth/index.htm>