



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



TOGETHER
for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

TOGETHER for Mental Health

Each year millions of Americans face the reality of living with a mental illness. During May, National Alliance on Mental Illness (NAMI) joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Together for Mental Health

For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." We will use this time to bring our voices together to advocate for mental health and access to care through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events. Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

Help us spread the word through awareness, support and advocacy activities. Share awareness information, images and graphics for #MHAM throughout May.

Resources

Share with us how you advocate for mental health by writing your personal story or sharing #Together4MH graphics and messages with your community.

Partner Resources

Download the 2022 Awareness Event Guide for May's Mental Health Awareness Month.

Advocate

Join our movement to advocate for a better mental health care system by signing up for advocacy alerts and taking action when opportunities arise in your community.

Share Your Story

Throughout the month, we will feature personal stories from people experiencing mental health conditions. By reading about lived experience, we aim to encourage people to prioritize their mental health and increase awareness about mental illness.

Share your story and tell us what the message of "Together for Mental Health" means to you!

To read the full article, please visit: <https://nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>



**May
2022**

Month:

Mental Health Month

National Foster Care Month

National Maternal
Depression Month

Women's Health Month

Borderline Personality
Disorder Awareness Month

Brain Tumor Awareness
Month

Tourette Awareness Month
(May 15-June 15)

Week:

Children's Mental Health
Awareness Week (May 1-7)

Screen Free Week
(May 2-8)

National Mental Health
Awareness week
(May 10-16)

National Women's Health
Week
(May 8-14)

National Prevention Week
(May 8-14)

Day:

World Mental Health Day
(May 5)

National Children's Mental
Health Awareness Day
(May 9)

To learn more visit:
<https://sacwellness.com/mental-health-awareness-calendar/?nowprocket=1>



Mental Health Awareness Month

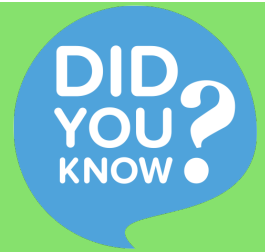
“Mental health is essential to our overall health, and the importance of attending to mental health has become even more pronounced during the COVID–19 pandemic, which has not only negatively impacted many people's mental health but has also created barriers to treatment....

Millions of adults and children across America experience mental health conditions, including anxiety, depression, schizophrenia, bipolar disorder, and post-traumatic stress disorder. Nearly one in five Americans lives with a mental health condition. Those living with mental health conditions are our family, friends, classmates, neighbors, and coworkers.... The American Rescue Plan Act of 2021, H.R. 1319, also included \$420 million in funding to support Certified Community Behavioral Health Clinics to expand access to high-quality, evidence-based behavioral health services. “President Joseph Biden DCPD-202100355 - Proclamation 10193- National Mental Health Awareness Month, 2021.”

According to the Centers for Disease Control and Prevention, "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 healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being."

To read the full article, please visit: <https://www.govinfo.gov/features/mental-health-awareness-month-2021>



Even before COVID-19, **19%** of adults experienced a mental illness

Suicidal ideation among adults is increasing **.15%** or over 460,000 people from last year.

9.7% of youth in the U.S. have severe major depression. This rate was highest among youth who identified as more than one race, at **12.4%**

60% of youth with depression do not receive any mental health treatment. Even in states with the greatest access, **1 in 3** is going without treatment.

Even among youth with severe depression who receive some treatment, only **27%** receive consistent care.

To read the full article visit: <https://www.govinfo.gov/features/mental-health-awareness-month-2021>



26 Famous People With Mental Illness

1. Kristen Bell (anxiety and depression)
2. Ariana Grande (anxiety and PTSD)
3. Zayne Malik (anxiety and panic attacks)
4. Lili Reinhart (depression)
5. Chrissy Teigen (postpartum depression)
6. Scarlett Moffatt (anxiety)
7. Demi Lovato (bulimia and bipolar disorder)
8. Kristen Stewart (anxiety)
9. Troian Bellisario (eating disorder)
10. Gina Rodriguez (anxiety)
11. Logic (derealization disorder)
12. Mariah Carey (bipolar disorder)
13. Brandom Marshall (borderline personality disorder)
14. Princess Diana (post-natal depression)
15. Justin Bieber (depression)
16. Lady Gaga (depression)
17. Selena Gomez (panic attacks, depression and anxiety)
18. Glenn Close (depression)
19. Adele (depression)
20. Leonardo DiCaprio (obsessive-compulsive disorder)
21. Khalid (anxiety)
22. Dwayne "The Rock" Johnson (suicidal thoughts)
23. Noah Cyrus (depression)
24. Alisha Boe (depression)
25. Michael Phelps (attention-deficit-hyperactivity-disorder)
26. Kesha (anxiety)

To read the full article visit:

<https://healthguidenet.com/conditions/famous-people-with-mental-illness/?nowprocket=1>

Some Recent Laws Enacted Related to Mental Health

- Commander John Scott Hannon Veterans Mental Health Care Improvement Act of 2019 P.L. 116-171, Enacted 10/17/2020, This public law makes updates related to Department of Veterans Affairs (VA) transition assistance, mental health care, care for women veterans, and telehealth care.
- National Suicide Hotline Designation Act of 2020 P.L. 116-172, Enacted 10/17/2020, This public law requires the Federal Communications Commission (FCC) to designate 9-8-8 as the universal telephone number for a national suicide prevention and mental health crisis hotline.
- Veterans COMPACT Act of 2020, P.L. 116-214, Enacted 12/5/2020, This public law implements programs, policies, and reports related to Department of Veterans Affairs (VA) transition assistance, suicide care, mental health education and treatment, health care, and women veteran care.
- Crisis Stabilization and Community Reentry Act of 2020, P.L. 116-281, Enacted 12/31/2020, This public law authorizes the Department of Justice to award grants for states, Native American tribes, local governments, and community-based nonprofit organizations to provide clinical services for people with serious mental illness and substance use disorders who need mental health services upon release from a correctional facility.
- Advancing Research to Prevent Suicide Act, P.L. 116-339, Enacted 1/13/2021, This public law directs the National Science Foundation (NSF) to award competitive, merit-reviewed grants to institutions of higher education (or their consortia) to support multidisciplinary, fundamental research with potential relevance to suicide, including potential relevance to prevention and treatment.

Search **govinfo** for hearings, and statements in the Congressional Record related to mental health issues.

Additional Resources

MentalHealth.gov "Let's Talk About It" (HHS NIMH)
 Shareable Resources on Coping with COVID-19 (NIH)
 Mental Health (CDC)
 Well Being Concepts (CDC)
 Youth Topics on Mental Health (youth.gov)

To read the full article, please visit: <https://www.govinfo.gov/features/mental-health-awareness-month-2021>



Dear Valued Referral Sources,

I just wanted to take a moment to recognize all the individuals working in the health care profession that help support individuals suffering with mental illness. We appreciate your ongoing support, your efforts to see patients as more than just their diagnosis, your efforts to break the stigma associated with mental illness and your willingness to advocate for change and support. THANK YOU!!!!

Sincerely,

Jennifer Campbell, MSW, LSW

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WHS Center for Mental Health & Wellbeing



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Outpatient Behavioral Health	Peters Township P: 724-579-1075	4198 Washington Road, Suite 5 McMurray, PA 15317
Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Program Manager
Inpatient & Outpatient Services P: 724-627-2526

Mark Wright, MBA, RN – Inpatient Unit Manager P: 724-223-3197

Greene County Crisis Line: 1-800-417-9460

Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 988 **or** 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283