

MENTAL HEALTH MEMO

AUGUST 2022 | INTRODUCTION TO MENTAL HEALTH



WHAT IS MENTAL HEALTH?

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.

COMMON WARNING SIGNS IN MENTAL HEALTH

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Feeling helpless or hopeless
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Thinking of harming yourself or others
- Inability to perform daily tasks like getting to work or school



COMMON COPING SKILLS

- Deep breathing
- Positive Thinking
- Journaling
- Talking to a trusted friend or adult
- Exercise
- Reading
- Going Outside

WHEN TO REFER TO A THERAPIST

- Change in emotional or behavioral well being
- Disruption to everyday activities
- Changes in sleep patterns
- Distant or withdrawn
- Lack of interest
- Increased negative or suicidal thoughts

**You can always reach out to a mental health professional if you are worried or concerned about your child's behaviors or moods.
If it is an emergency call 911.**

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