

Prevention Awareness

Oneida County Prevention Council Bulletin

Contact Us

(315) 733-1709
502 Court Street, Suite 401
Utica, New York, 13502

Office Hours

Monday – Friday, 8:30AM to 4:00PM

Website

www.WhenTheresHelpTheresHope.com



Risky Business

May is Mental Health Month and this year's theme is "Risky Business." The campaign is aimed at drawing attention to the habits and behaviors that can increase the risk of development or exacerbation of mental health conditions. We all know well enough that when we have physical ailments that become unmanageable then it's time to seek professional help, in most cases a medical doctor. So why not do the same for your psychological, social and emotional wellbeing, or in other words your mental health. Our mental health is responsible for how we think, feel, behave and make choices which impacts almost every aspect of our daily life. Everyone has mental health, however, like physical health some individuals may struggle with theirs more than others.

According to Mental Health America, "Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, gambling, or disordered exercise patterns can all be behaviors that can disrupt someone's mental health and potentially lead them down a path towards crisis." How do you know when it's time to seek professional help? Just like with any other type of illness when your symptoms begin to become unmanageable then it's usually time to ask for help, but it's never too early to start the discussion. Mental health conditions, like many physical health conditions, are categorized into 4 stages of severity. This month it is encouraged that individuals educate themselves about these risky behaviors or habits in order to prevent a mental health condition from reaching stage 4 without treatment. It is important to remember that mental health conditions are treatable with options ranging from talk therapy to medication management depending on the individual's preferences and the severity of their symptoms.

There are many ways to decrease your risk of mental health conditions such as getting adequate sleep, connecting with others, engaging in physical exercise and developing coping skills. The benefits of addressing your mental health include; improved relationships, improved sense of self/personal satisfaction, more positive attitude towards life and an improved ability to cope with stressors. For more information on how to engage in this campaign visit; mentalhealthamerica.net/may.

Did you know?

- People with Mental Health conditions are 3 times more likely to misuse prescription drugs.
- ½ of all chronic mental illness begins by the age of 14.
- 56% of American adults with mental illness did not receive treatment.
- 1 in 5 OR 54.9 million Americans, aged 18 or older met the criteria for either a substance use disorder or a mental illness in the past year.
- 1 in 3 struggled with illicit drugs.
- 3 in 4 struggled with alcohol use.
- 1 in 8 struggled with illicit drugs and alcohol.
- 8.1 million adults had BOTH a substance use disorder and a mental illness.

If you have any questions, or are interested in prevention services please contact Jodi Warren, Prevention Coordinator, at jwarren@cflrinc.org or by calling 315-768-2643.