

# WHAT IS MENTAL HEALTH?

Mental Health refers to a person's **psychological** and **emotional** well-being.

There are 3 factors to mental health:



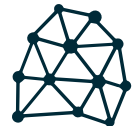
## Emotional well-being

(perceived life satisfaction, happiness, cheerfulness, peacefulness)



## Psychological well-being

(self-acceptance, optimism, hopefulness, purpose in life, positive relations)



## Social well-being

(social acceptance, usefulness to society, sense of community)

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## MENTAL HEALTH DISORDERS

are medical conditions that **disrupt a person's thinking, feeling, and mood.**

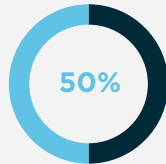
They often result in a reduced ability to cope with **daily routine** activities such as going to work or raising a family.

# FACTS

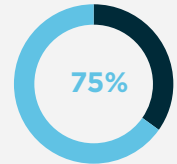
Mental illness is the most impactful illness because its effects are long-lasting.



**25 % of US adults** have a diagnosed mental illness.



**50% of US adults** develop at least one mental illness during their lifetime.



**75% of Americans** know someone who suffers from a mental health condition.

## MENTAL ILLNESS RESULTS

in more disabilities in **developed countries** than any other group of illnesses (including cancer and heart disease).

## POPULATION MOST AT RISK



**People that come out of prison**



**People that have addiction problems**



**People that have patterns of crime**



**People overly exposed to traumatic events**

# THESE POPULATIONS OFTEN SUFFER FROM AGITATION:

An unpleasant state of **extreme arousal** when a person may feel stirred up, excited, tense, confused, or irritable. This condition can be the sign of, or lead to a **serious mental health disorder**.

## 60% OF PEOPLE 17-YEAR-OLDS AND YOUNGER

have been exposed to crime, violence and abuse directly or indirectly.  
This often results in **Severe Emotional Disturbance (SED)**.

## COMORBIDITY

Mental illness is often associated with chronic medical diseases, and often **results in lower optimum healthcare**. It can lead to contracting a secondary or tertiary associated illness (i.e. cardiovascular disease, diabetes and obesity).

**Mental illness** is associated with



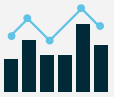
# DID YOU KNOW?

Stigma is the main reason people do not seek help.

82% OF AMERICANS

acknowledge people with serious mental illness are treated differently which can have a worsening effect on the mental condition.

Mental disorder has multiple determinants:



Economical



Social



Biological



Psychological

PEOPLE WITH MENTAL HEALTH DISORDER OFTEN **CANNOT WORK.**

## HOW TO PREVENT MENTAL ILLNESSES

The efficiency of mental illness treatments is limited. Only prevention can reduce the burden caused by these disorders.

**Mental health promotion** and **prevention** work together to restrain these people from forming poor mental health habits.

Dealing with mental health **increases** the effectiveness of **treatment outcome** of associated conditions.



# TOGETHER, WE CAN TREAT BOTH MENTAL ILLNESS & CHRONIC ILLNESS.

It requires increased coordination from all actors of healthcare in the community.  
Are you a friend or a family? You can help now.

If you are concerned about a loved one, these are the places you can start.



When you notice agitated behavior, **ask** them if they would like to speak. Use a **comforting tone** and **show concern**.



Always **provide multiple options** to the person you are trying to help.



Don't confront the person's distorted reality. **Focus** on the **general state of mind** instead.



If they reject help, **turn the situation around**. Ask them "If I was upset, wouldn't you want to help me?"

**Always suggest actions**, don't impose them. Involve the person in the decision-making process by laying out the options and invite them to consider them.

ONCE THEY CONSIDER AN OPTION,  
**take action** in front of them to **keep them involved**.



# TAKE ACTION NOW.

**Talk to your doctor or pharmacist** to discuss the best option for you. They are here to help.

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