

Let's Talk About It - Mental Illness, Addiction, Suicide INFORMATION

Mental Health - our cognitive, behavioral, and emotional wellbeing; all about how we think, feel, and believe.

Anxiety Disorders - (most common) Severe fear, terror, or anxiety/worry, which is linked to certain objects, animals, people, places, or situations/circumstances (triggers).

Panic Attacks - sudden paralyzing terror or sense of immediate danger.

Phobias - disproportionate fear of objects, insects, animals, situations, etc.

Obsessive Compulsive Disorder (OCD) - constant stressful thoughts, powerful urges to perform repetitive acts.

Post Traumatic Stress Disorder (PTSD) - physical, mental, or emotional reactions to a trigger(s) related to a past traumatic event over a period of time.

Mood Disorders - significant changes in mood, generally involving mania (elation) or depression (despair).

Major Depression - extreme or prolonged periods of unexplained sadness.

Bipolar (previously Manic Depressive) - swings in episodes of mania and depression.

Persistent Depression - long term depression but not as strong as Major Depression.

Seasonal Affective Disorder (SAD) - major depression triggered by lack of daylight (e.g. Alaska)

Schizophrenia Disorder - (highly complex) fragmented thoughts, difficulty processing information, delusions, hallucinations, confusion, voices, withdrawal, etc.

Eating Disorders - preoccupation with food and weight issues that affect focus on other areas of life.

Anorexia - refusing to eat enough, exercise obsessively, purging (forceful vomiting and/or abuse of laxatives to lose weight).

Bulimia - excessive binge eating often followed by purging.

Binge Eating - excessive binge eating without purging that leads to obesity, diabetes, hypertension, and cardiovascular issues.

Other Mental Health Issues:

Hoarding

Postpartum Depression

Gender Dysphoria

Some Sleeping Disorders

Learning Disabilities (Dyslexia, Auditory/Visual Processing Disorder, ADHD, etc.)

Alzheimer's Disease, Dementia

Autism Spectrum Disorder

Statistics (National Alliance on Mental Illness)

- 1 in 5 US adults experience mental illness each year. 19.1% (47.6 million) = the entire population of the states of California & Washington. Only 46% received treatment. (2018)
- 1 in 25 US adults experience serious mental illness each year. 4.6% (11.4 million) = the entire population of the state of Ohio. Only 64% received treatment. (2018)
- 1 in 6 US youth ages 6-17 experience mental illness each year. 16.5% (7.7 million) = the entire population of the state of Washington. Only 51% received treatment. (2016)
- On average there is an 11 year gap between the onset of mental illness symptoms and the 1st treatment.
- Mental illness represents 1 out of every 8 ER visits.
- Mood disorders are the #1 cause of hospitalization in the US excluding pregnancy and births.
- In the US economy, serious mental illness causes \$193 billion in lost earnings each year
- 20% of the US homeless population have serious mental illness.
- 37% of US incarcerated adults have serious mental illness.

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Statistics (cont.)

- 70% of US youth in the juvenile justice system have serious mental illness.
- 41% of Veteran's Health Administration patients have serious mental illness or substance addiction.
- Depression is the leading cause of disability world wide.

Addiction - intense focus on using a certain substance(s) to the point that it takes over one's life. Attempting to cope with life apart from healthy relationships.

Most common addictions:

Drugs (illegal & prescription)

Alcohol

Nicotine

Pornography

Sex

Gambling

Suicide Statistics (National Alliance on Mental Illness)

National Suicide Prevention Hotline - **800-273-TALK (8255)** or **911**

- 2nd leading cause of death in the US among people ages 10-34 (Unintentional injury is #1).
- 10th leading cause of death in the US.
- Increased 31% in the US since 2001.
- 46% of suicide victims had a diagnosed mental illness.
- 90% of suicide victims had shown symptoms of mental health issues according to interviews with family, friends, and medical professionals.
- 75% of suicide victims are male.
- LGB youth are 4xs more likely to commit suicide than straight youth.
- Transgender adults are 12xs more likely to commit suicide than the general population.
- Suicidal thoughts in the US:
 - 4.3% of all adults
 - 11% ages 18-25
 - 17% high school students
 - 48% LGB high school students

Treatments

I. Hope & healing found in a vital relationship with Jesus Christ.

1. Forgiveness of sin, new life today, .
2. Holy Spirit's presence & filling.
3. Possibility of temporal physical healing in this life but the promise of sustaining grace.
4. Guarantee of total & complete healing in the resurrection.

II. Talk Therapy

1. Christian Psychotherapy, Christian Counseling, Christian Coaching.
2. General Psychotherapy, Counseling, Coaching.

III. Self Help - exercise, diet, increased sleep, reduced alcohol intake.

IV. Relational/Community Support

1. Family & friends
2. Church
3. LifeGroup
4. Support Group