

Healthy Thoughts: Mental Health and Mental Disorders

Provided by ERS Parish Health Ministry

.....
“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.” (Jeremiah 29:11)

Mental health is essential to personal wellbeing, family and interpersonal relationships, and the ability to contribute to community or society, yet an estimated 13 million American adults (approximately 1 in 17) have a seriously debilitating mental illness.

What is Mental Illness?

Mental disorders are among the most common causes of disability. According to National Alliance on Mental Illness, “mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.” Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Types of mental illness include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder.

Treatment for Mental Illness:

Mental illnesses are both manageable and treatable. In fact, most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan. Treatments include medication, psychosocial treatment (such as cognitive behavioral therapy), interpersonal therapy, and peer support groups.

Continued on reverse side...

Healthy Thoughts: Mental Health and Mental Disorders

Provided by ERS Parish Health Ministry

.....
“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.” (Jeremiah 29:11)

Mental health is essential to personal wellbeing, family and interpersonal relationships, and the ability to contribute to community or society, yet an estimated 13 million American adults (approximately 1 in 17) have a seriously debilitating mental illness.

What is Mental Illness?

Mental disorders are among the most common causes of disability. According to National Alliance on Mental Illness, “mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.” Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Types of mental illness include major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder.

Treatment for Mental Illness:

Mental illnesses are both manageable and treatable. In fact, most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan. Treatments include medication, psychosocial treatment (such as cognitive behavioral therapy), interpersonal therapy, and peer support groups.

Continued on reverse side...

Important Facts:

- Mental illnesses are serious medical illnesses. They can affect persons of any race, religion, educational background, or income, and are not the result of personal weakness, lack of character, or poor upbringing. They cannot be *overcome* through "will power" or "tough love."
- Mental illness usually affects individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.
- Early identification and treatment is of vital importance; by ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.

Resource:

- National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. It is an excellent resource that offers information, referrals, classes and support groups for people suffering from mental illness and their loved ones. For more information, visit www.nami.org

Sources: NAMI, Healthy People 2020



Episcopal Retirement Services (ERS) is a not-for-profit organization committed to enriching the lives of older adults in a person-centered innovated, spiritually based way. ERS serves seniors in southern and central Ohio through residential communities, affordable housing and in-home services. For more information, please call (800) 835-5768 or visit www.EpiscopalRetirement.com

Important Facts:

- Mental illnesses are serious medical illnesses. They can affect persons of any race, religion, educational background, or income, and are not the result of personal weakness, lack of character, or poor upbringing. They cannot be *overcome* through "will power" or "tough love."
- Mental illness usually affects individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.
- Early identification and treatment is of vital importance; by ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.

Resource:

- National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. It is an excellent resource that offers information, referrals, classes and support groups for people suffering from mental illness and their loved ones. For more information, visit www.nami.org

Sources: NAMI, Healthy People 2020



Episcopal Retirement Services (ERS) is a not-for-profit organization committed to enriching the lives of older adults in a person-centered innovated, spiritually based way. ERS serves seniors in southern and central Ohio through residential communities, affordable housing and in-home services. For more information, please call (800) 835-5768 or visit www.EpiscopalRetirement.com