FAQ

Why is there a rise in mental health problems and what is being done to prevent the rise from continuing to increase?

- The rise of mental health issues could be caused by a variety of reasons. Some such reasons are the COVID-19 pandemic, the increasing access to social media at a young age, and increased isolation in everyday life. In an attempt to decrease general mental health problems, there has been a rise in education on common mental illnesses and symptoms. With the growing common knowledge of these illnesses, less people feel alone and have the resources to get help.

What is the difference between healthy coping mechanisms and unhealthy coping mechanisms?

- An unhealthy coping mechanism is putting all your problems in a box and shoving it away. You don't want to ignore your problems and pretend they don't exist. If you want to overcome your problems, you need to talk to someone such as a trusted adult or a doctor. Healthy coping mechanisms are mentally beneficial ways to decrease stress and anxiety.

What is Suicide prevention and how is it publicly addressed?

- CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to reduce suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact. The programs, practices, and policies in the Prevention Resource can be tailored to the needs of populations and communities. For more information on the Prevention Resource for Action please click this link.