

MENTAL HEALTH

MADE BY THE CPC VP OF SOCIAL JUSTICE AND CPC DEI COMMITTEE

TRIGGER WARNING

This presentation discusses mental illness, eating disorders, suicide, and other difficult topics. We do not go into great detail. However, we will share resources, statistics, definitions, and information about these topics. This is a difficult topic and can elicit emotional responses. This is a brave space, and we encourage you to participate to your comfort level in this facilitation. Some of your fellow chapter members/sisters may have experienced or know someone who has experienced the topics we will discuss today. Please be respectful and keep this in mind when commenting and sharing with the group. If the topics make you uncomfortable at any point in time, please feel free to put your head down, tune us out, or even leave the presentation.

WHAT IS MENTAL HEALTH?

Mental health refers to the maintenance of successful mental activity.

It encompasses the well-being of our emotional, physiological and social welfare.

Our mental health impacts our productivity, relationships with others, and ability to cope with stress and change.

Mental health is just as important as our physical health. When our mental health is lacking, our physical health will also take a toll.

MENTAL HEALTH AND STIGMA

What is stigma?

- Negative attitudes and inaccurate beliefs about people who have mental health conditions
- Stems from myths, inaccurate perceptions, and lack of information

Why is stigma bad?

- Prevents people from seeking treatment
- Prevents people from getting needed support from family and friends
- This leads to discrimination in jobs, education, housing, and even in medical care
- Prejudice and discrimination are experienced by 9/10 of people with a mental health condition
- For many, experiencing stigma is worse than living with a mental health condition.

Stigma comes from many sources and can cause people to feel ashamed of having a mental health condition and afraid to seek help from friends, family, and mental health providers.

TW: EATING DISORDER, SUICIDE



DISCUSSION

How can our chapter better support our members and their mental health?

How can we help reduce negative stigma in our chapter?

MENTAL HEALTH RESOURCES

National Suicide Hotline

1 (800)-784-2433

National Suicide Prevention Lifeline

1 (800)-273-8255

BetterHelp

www.betterhelp.com

Online counseling services

National Alliance on Mental Illness

Call: 800-950-6264

Text: "HelpLine" to 62640

<http://nami.org>.

IOWA STATE MENTAL HEALTH RESOURCES

Iowa State Student Wellness

<https://www.studentwellness.iastate.edu/>

- Substance Use resources
- Food insecurity resources
- Dietician services
- Mental health services and resources

Iowa State Counseling Services

<https://www.counseling.iastate.edu/>

515-294-5056

Therapy Online Assistance (TAO)

<https://www.counseling.iastate.edu/resources/tao-self-help/>

SOURCES

Student Wellness. (n.d.). Retrieved September 5, 2022, from <https://www.studentwellness.iastate.edu/>

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TeenMentalHealth.org Follow. (n.d.). Understanding Mental Health and mental illness. Share and Discover Knowledge on SlideShare. Retrieved September 5, 2022, from <https://www.slideshare.net/teenmentalhealth/understanding-mental-health-and-mental-illness-presentation>