



ChallengeME

MONTHLY MINUTE

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Monthly topic: **Mental Health Awareness**



You Are Not Alone

Mental health disorders affect thinking, behavior, and mood, profoundly influencing daily life and social interactions. You are not alone if you have - or suspect you have - a mental illness. Mental health issues are common, yet often not discussed due to the stigma surrounding the topic. Try to remember that:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

NAMI Maine (an affiliate of the National Alliance on Mental Illness)

Through support, education, and advocacy NAMI Maine improves the lives of the 1 in 4 Mainers affected by mental illness and their loved ones.

Program services include Crisis Intervention, Mental Health First Aid, NAMI Basics, NAMI Family-to-Family, NAMI Homefront, NAMI on Campus, NAMI Smarts, NAMI in Your Own Voice, Respite, Suicide Prevention, Sources of Strength, Support Groups.

Helpline: 800-464-5767, Press 1

Hours of Operation: Monday-Friday 8AM-4PM EST

ChallengeME
MaineDOT Healthy Workforce

Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

Myth: There is no hope for people with mental health issues. Once a friend or family member develops a mental health condition, they will never recover.

Fact: Studies show that people with mental health conditions get better and many are on a path to recovery. Recovery refers to the process in which people can live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work!

Visit the ChallengeME Website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | Online: guidanceresources.com

WellStarME: wellstar@mcd.org | 207-620-9202

Health & Wellness Navigation Team

wellnessnavigator@mcd.org | 207-620-9209

For benefits questions, please contact Employee Health & Wellness: (207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit maine.gov/mdot/challengeme

Coming up October: Cancer Awareness

Comments, questions, ideas, or submissions?
Please email Elizabeth.Moulton@maine.gov