# Mental Health at a glance

Having a mental health condition can make it hard to work, do well in school, keep a regular routine, make and keep friends, talk to others, take care of yourself, and more.



## Mental Health: Facts*

- Mental health issues can affect anyone.
- 1 in 5 American adults experienced a mental health condition
- 1 in 6 young people have experienced a major depressive episode
- 1 in 20 Americans have lived with a serious mental illness

## Early Signs and Symptoms*:

- Disrupted sleeping and eating patterns
- Lack of interest in participating in usual activities
- Low to no energy and having no desire
- Unexplained aches and pains
- Increased reactiveness towards loved ones
- Experiencing severe mood swings that impact relationships
- Thinking of harming yourself or persistent negative thoughts
- Feeling out of control, forgetful, confused, or on edge
- Increase in unhealthy coping skills (drinking, smoking, chaotic use of substances)
- Inability to perform daily tasks (personal or school/work)

*Reference: Substance Abuse and Mental Health Services Administration - What is Mental Health

## Living Well & Managing Your Mental Health Condition

**01.** Stick to a treatment plan. Seek medical advice to adjust treatment.

**02.** Keep your primary care physician updated, for long term management.

**03.** Learn about the condition. Develop coping skills.

**04.** Practice good self-care. Reach out to family and friends.



## Support is just a call, visit, or scan away

It is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

Today, there are new tools, evidence-based treatments, and social support systems that help people feel better and pursue their goals.

**Are you in crisis? Call or Text 988**

SCAN ME!

PPMD offers family peer support from someone who knows what it means to have a child with a disability/special healthcare need or a loved one impacted by mental health, substance use, or problem gambling.

PPMD offers information and resources to support families of children with disabilities, special healthcare needs, and behavioral health needs.

PPMD is here to help. Please contact us for further assistance to receive support specific to the needs of your child or loved one.

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