

What You Need to Know About Mental Health

Mental health is a state of well-being, which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to the community.

The Facts

Mental Health is commonly used in reference to mental illness, and although they are linked, they represent different psychological states.

2014



Less than 20% of children and adolescents with mental health problems receive treatment



Only 44% of adults with mental health problems receive treatment

Virginia 2015



25% of males suffered with mental health problems



33% of females suffered with mental health problems



30% of people with high school diplomas or a G.E.D suffered with mental health problems



26% of college graduates suffered with mental health problems

Know the Warning Signs

Not sure if a loved one or friend is living with mental health problems? Learn some early warning signs.



Eating or sleeping too much or too little



Having low or no energy



Inability to perform daily tasks like taking care of your kids or getting to work or school



Smoking, drinking, or doing drugs



Experiencing severe mood swings that cause problems in relationships



Pulling away from people that were once close

Mental Health and Wellness

Positive mental health is important for everyone and everyday tasks. There are many ways to maintain positive mental health.



Get Physically active!



Get Professional help, if needed.



Connect with others.



Get enough sleep.

How to Get Help

If you or a loved one are struggling with mental illness there are resources to help and recovery is possible.

National Suicide Prevention Hotline
1-800-273-8255
suicidepreventionlifeline.org

Emergency Medical Services
9-1-1



Veteran's Crisis Hotline
1-800-273-8255
Press 1

MentalHealth.gov

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