



**COMMUNITY
STRONG
COUNSELING
& SERVICES**

RESOURCES

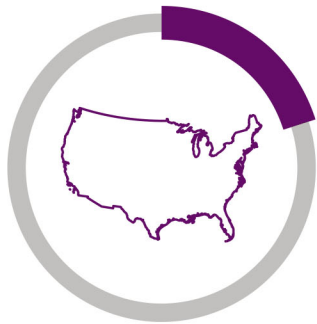
WHAT YOU NEED TO KNOW ABOUT Mental Health

MENTAL ILLNESS CAN HAPPEN TO ANYONE

1 in 5 Adults



experience mental health
conditions each year*



That equals about
43.8 Million
adults in the U.S.

Mental health conditions are **NOT** caused by personal weakness, lack of character or poor upbringing.

They **ARE** medical conditions that can impact a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Genetics, the structure of the brain, environment and lifestyle can all impact mental health.



ABOUT NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.



HelpLine 800-950-6264

www.NAMI.org

Join the conversation
on NAMI's various social
media channels:

 /NAMI

 /NAMICommunicate

 /NAMICommunicate

*Source: <http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-adults.shtml>

Know the Warning Signs



DEPRESSION

Feeling sad, withdrawn or unmotivated for more than two weeks



SELF-HARM

Making plans to or trying to harm or kill oneself



RISK-TAKING

Out of control, risky behaviors



FEAR

Sudden, overwhelming fear for no reason, sometimes with a racing heart or fast breathing



WEIGHT CHANGE

Significant weight loss or gain; throwing up, using laxatives or not eating to lose weight



MOOD SWINGS

Severe mood swings causing problems in relationships



SUBSTANCE USE

Excessive use of drugs or alcohol



BEHAVIOR

Drastic changes in behavior, personality or sleeping habits



LACK OF FOCUS

Extreme difficulty concentrating or staying still



INTENSE WORRIES

Intense worries or fears getting in the way of daily activities, like spending time with friends or being on time

Find Support

If you or someone you know is experiencing warning signs of a mental health condition, talk to someone.

Reach out to your **healthcare provider** for more resources. Additional options for information and support include:

- **NAMI HelpLine** – Find out what supports are available in your community: (M-F 10am-6pm ET) call 1-800-950-NAMI (6264) or email info@nami.org
- **Crisis Text Line** – Connect to a trained crisis counselor 24/7 by texting NAMI to 741-741
- **National Suicide Prevention Lifeline** – Get immediate help for you or someone you know: 1-800-273-TALK (8255)



Connect with others impacted by mental health challenges:

- **Nami.org/Programs** – Attend a peer-led mental health education or support program in your community
- **NotAlone.NAMI.org** – Share stories, thoughts, art, videos, poems with others in the mental health community
- **Ok2Talk.org** – Share stories with other teens and young adults



FindTreatment.gov

Millions of Americans have a substance use disorder. Find a treatment facility near you.

National Suicide Prevention Lifeline 1-800-273-8255

Free and confidential support for people in distress, 24/7.

Behavioral Health Treatment Services Locator

Find treatment facilities confidentially and anonymously, 24/7.

National Helpline 1-800-662-HELP (4357)

Treatment referral and information, 24/7.

WHAT ARE SOME SIGNS AND SYMPTOMS OF SOMEONE WITH A DRUG USE PROBLEM?

People with drug problems might not act like they used to. They might:

- change their friends a lot
- spend a lot of time alone
- choose not to spend time with family and friends like they used to
- lose interest in their favorite things
- not take care of themselves—for example, not take showers, change clothes, or brush their teeth
- be really tired and sad
- have changes in eating habits (eating more or eating less)
- be very energetic, talk fast, or say things that don't make sense
- be in a bad mood
- quickly change between feeling bad and feeling good
- sleep at strange hours
- miss important appointments
- have problems at work or at school
- have problems in personal or family relationships

It's hard for people with an addiction to stop taking the drug on their own. They might try to stop taking the drug and then feel really sick. Then they might take the drug again to stop feeling sick. They might need help to stop using drugs.

WHAT IS TREATMENT?

Treatment can help people stop using drugs. Treatment can include counseling, medicine, or both. It can help people fight urges to use drugs again. It can also help them take back control of their lives.

People start taking drugs for different reasons. Sometimes they might start as a way to fit in with other people. Or they might have problems in their lives, like family trouble, money trouble, or problems at work. They might not know how else to cope. But drugs can make these problems worse.

Drug use can mess up every part of a person's life. So, in treatment, people need help to improve all areas of their lives. This means working on a few things, like:

- their relationships
- how they have fun
- their ability to work or go to school
- how they deal with problems

Treatment is for anyone using or misusing drugs:

- Treatment can help people who are just starting to get addicted.
- You don't have to be at "rock bottom" for treatment to work.

MORE RESOURCES

ALCOHOLICS ANONYMOUS

- <http://www.aaoklahoma.org/>
- <https://www.okcintergroup.org>
- <http://www.aaneok.org>
- <http://www.aa.org>

ONLINE RECOVERY SUPPORT SERVICES

- https://www.ok.gov/odmhsas/Online_Support.html

NATIONAL SUICIDE PREVENTION LIFELINE

- <https://suicidepreventionlifeline.org/>

GAMBLERS ANONYMOUS

- https://www.ok.gov/odmhsas/Substance_Abuse/Problem_and_Compulsive_Gambling_Addiction/index.html

DUI (ADSAC) SERVICES

- [https://www.ok.gov/odmhsas/Substance_Abuse/DUI_-_Alcohol_and_Drug_Substance_Abuse_Courses__\(ADSAC\)/index.html](https://www.ok.gov/odmhsas/Substance_Abuse/DUI_-_Alcohol_and_Drug_Substance_Abuse_Courses__(ADSAC)/index.html)

SAMHSA (Substance Abuse and Mental Health Services Administration)

- <https://www.samhsa.gov/find-help/national-helpline>

RESOURCES FOR PARENTS/CAREGIVERS OF CHILDREN & YOUTH

- https://www.ok.gov/odmhsas/COVID-19_Resources_for_Parents_Caregivers_of_Children_&_Youth.html

RESOURCES FOR CHILD CARE PROVIDERS, SCHOOL AND HIGHER EDUCATION COMMUNITIES

- https://www.ok.gov/odmhsas/COVID-19_Resources_for_Child_Care_Providers,_School_and_Higher_Education_Communities.html

RESOURCES FOR TEENS AND PARENTS OF TEENS

- https://www.ok.gov/odmhsas/COVID-19_Resources_for_Teens_&_Parents_of_Teens.html

RESOURCES FOR ADULTS

- https://www.ok.gov/odmhsas/COVID-19_Resources_for_Adults.html

OKLAHOMA TOBACCO HELPLINE

- <https://okhelpline.com/>

LIFESAFER IGNITION INTERLOCK

- www.LifeSafer.com

DRUG OVERDOSE-OKLAHOMA STATE DEPARTMENT OF HEALTH

- <http://poison.health.ok.gov>

HOMELESS SHELTER DIRECTORY

- <https://www.homelessshelterdirectory.org/oklahoma.html>

HOMELESS ALLIANCE

- <https://homelessalliance.org/>

HOUSING EMERGENCY/SHELTERS/TRANSITIONAL LIVING - OKLAHOMA

- <https://www.occc.edu/support/shelter.html>

SHELTERLIST.COM

- <https://www.shelterlist.com/>



**COMMUNITY
STRONG
COUNSELING
& SERVICES**