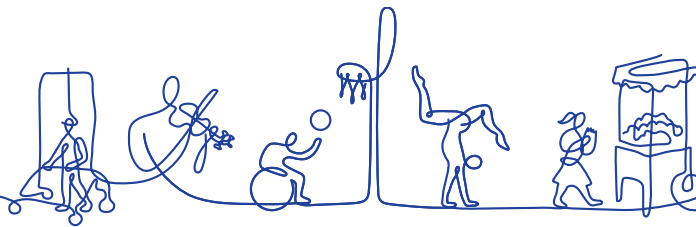


# Mental Health Demystified

Paige Mandas, PhD

## SCOTTISH RITE



# Mental Health

Discussion:

What is it?



# So, What is It?



A state of well-being that allows individuals to cope with stresses and function productively in life



How we think



How we feel



How we act



How we cope

# Why Should We Care?

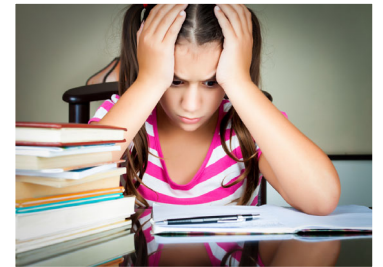
✓ *Friendships*



✓ *Sleep*



✓ *School*



✓ *Self*



✓ *Decisions*



# Mental Health Myths



- “It’s just a phase”
- “Strong people don’t struggle”
- “Talking about it makes it worse”
- “Just get over it”

# Mental Health vs. Mental Illness



## • Mental Health

- Something everyone has
- Changes day to day
- Affected by stress

## Mental Illness

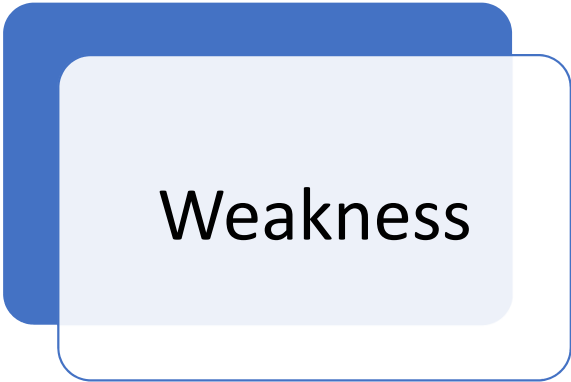
- Medical condition
- Impacts ability to function or carry out daily tasks
- Lasts longer and may need treatment
- Help is available and it works

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# Why is asking for help hard?

A light blue rounded rectangle with a dark blue shadow behind it, containing the word "Stigma" in black text.

Stigma

A light blue rounded rectangle with a dark blue shadow behind it, containing the word "Weakness" in black text.

Weakness

A light blue rounded rectangle with a dark blue shadow behind it, containing the word "Incompetence" in black text.

Incompetence

# When to ask for help?

- Pulling away from friends
- Mood changes
- Feeling hopeless/numb
- Trouble sleeping/eating
- Loss of interest in things you used to enjoy



# Asking for Help is Not Failing

- It doesn't mean you're crazy
- It doesn't mean you're weak
- It does mean you are taking care of yourself



Talk To:

- A friend
- A teacher
- A school counselor
- A trusted adult

# How do we take care of our mental health?



- Sleep
- Talk to a trusted adult
- Take breaks
- Move your body
- Limit screen time

# Discussion Questions



What is one thing you wish adults understood about teenage mental health?



What is one self care habit you'd like to try?



What coping strategies don't really help, even if they are common?



Do you take your mental health as seriously as your physical health? Why or why not?



What does self care look like during the school or work week?

# Finding a Mental Health Therapist

- Call the patient number on the back of your insurance card to find therapists who accept your insurance.
- Ask your medical providers
- Psychologytoday.com has local providers
- The “fit” between patients and therapists



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# Thank You

# SCOTTISH RITE



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