Community Medical Services

CONNECTING RECOVERY | HEALING COMMUNITIES

World Mental Health Day

October 10th

LET'S TALK OPENLY, REDUCE STIGMA, AND SUPPORT EACH OTHER.

1 in 5
US Adults
EXPERIENCED A MENTAL HEALTH CONDITION IN 2020

19.4M
US Adults
EXPERIENCED A CO-OCCURRING SUBSTANCE USE DISORDER AND MENTAL ILLNESS IN 2021

Source: National Alliance on Mental Illness. "Mental Health by the Numbers" April 2023.

5 Cs of Mental Health

1. Connection
BUILD RESILIENCE WITH HEALTHY RELATIONSHIPS

2. Calm
MANAGE STRESS AND EMOTIONS

3. Clarity
UNDERSTAND YOUR THOUGHTS AND FEELINGS

4. Compassion
SHOW KINDNESS TO YOURSELF AND OTHERS

5. Confidence
TRUST YOUR STRENGTHS TO FACE CHALLENGES

Reverse the Stigma

MYTH: PEOPLE WITH MENTAL HEALTH ISSUES CAN'T BE HELPED.

Fact:

Treatment for mental health conditions varies depending on the individual and could include medication, therapy, or both.

MANY INDIVIDUALS DO BEST WHEN THEY WORK WITH A SUPPORT SYSTEM DURING THE HEALING AND RECOVERY PROCESS.

Call 988
Suicide & Crisis Lifeline

Warning Signs in Adults

- Sleeping too little or too much
- Extreme mood swings
- Talking about feeling hopeless
- Withdrawing or feeling isolated

You're not alone

The 988 lifeline has supported millions

SINCE ITS LAUNCH IN JULY 2022

12,030,447 Calls

3,143,938 Texts

2,610,665 Chats

If you or someone you know is struggling, call or text 988 for free, 24/7 support.