



**Mental Health FIRST AID**

*from NATIONAL COUNCIL FOR MENTAL WELLBEING*

# Understanding Mental Health

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# Why Talk About Mental Health?

- Mental health challenges are common.
- Stigma is associated with mental health problems.
- People with mental health problems may be hesitant to seek help.
- Many people are not well informed and do not know how to respond.
- Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism.
- 81% of employees report that stress from work affects relationships with families and friends.

# What is a Mental Illness?

- Mental disorders involve changes in
  - Thinking
  - Mood, and/or
  - Behavior.
- Interfere with a person's
  - Work or School
  - Relationships
  - Daily Activities

# How Common are Mental Illnesses?

- 47.4% of Americans will experience a diagnosable mental illness in their life<sup>1</sup>
- 18.5% of Americans\* experience a diagnosable mental illness in any given year<sup>2</sup>
- 45% of people with mental illness meet the criteria for two or more disorders
- ~4% of adults have a serious mental illness in any given year<sup>3</sup>
- Only 41% of individuals with a mental illness use mental health services in any given year.

# What are the most common mental illnesses?

Anxiety<sup>1</sup>

18.1%

Depression<sup>1</sup>

6.8%

Substance Use Disorders<sup>2</sup>

8.1%

Eating Disorders<sup>1</sup>

5-10%

Bipolar Disorder<sup>3</sup>

Schizophrenia<sup>3</sup>

.3-.7%

# How can I help?

- Ask- “How are you?”
- Listen
- Respond- just as you would with a physical health concern
- Do not wait until “stage 4”
- Utilize your Employee Assistance Program and local resources

# What are common mental health related crisis situations?

Suicide

Call the suicide hotline  
1-800-273-TALK(8255)

Nonsuicidal self-injury

Apply First Aid

Panic attack

Remain calm & reassure safety

Alcohol poisoning & drug overdose

Seek Medical Attention

Aggressive behavior

Maintain personal safety

# Mental Health

- Is NOT the opposite of mental illness.
- We all have mental health.
- Mental health includes our emotional, psychological, and social well-being.

# Strategies to Improve Mental Health

- Tell yourself something positive
- Write down something you are grateful for
- Focus on one thing (in the moment)
- Exercise
- Eat a good meal
- Open up to someone
- Do something for someone else
- Take a break
- Go to bed on time



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**YOUTH MENTAL HEALTH FIRST AID** teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



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## TAKE A FREE YOUTH MENTAL HEALTH FIRST AID COURSE

July 30, 2021

Virtual Youth Mental Health First  
Aid Course

8:30 am - 2:30 pm

[MHFAMO.org/events](http://MHFAMO.org/events)

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