



EASTSIDE CATHOLIC

Daily focus: Mental Illness or Normal Development

It is sometimes difficult to know when emotions and behaviors go from having a “rough patch” to becoming a bigger issue. Here are some important things to keep in mind.

- Professionals: Only professionals can diagnose mental illnesses.
- Time: How long have symptoms persisted. Are they gradually getting better?
- Intensity: Does the emotion or reaction match the situation?
- Different areas of life: do you see symptoms while at work, home, doing hobbies or extracurriculars?
- Listen to your gut: If you have a nagging feeling that something more is going on, then listen to that feeling and seek help.
- Even if you are not experiencing mental illness, your mental health is still important.

Your family physician can be a great place to start. Explain some the symptoms you have been experiencing and they can provide screeners for you to take and provide helpful next steps.

Today’s Mental Illness Focus

- 17 million adults will have a major depressive episode in their lifetime
- Knowing how to recognize signs of depression and how to help empowers students
- [View the presentation](#) that will be shown at lunch this week to learn more

Family Conversation and Practices

- Have conversations about depression and mental illness
- Communicate that there is no shame in receiving help for mental illness
- Encourage and model self-care

How to Help Someone Get Help

- Educate yourself!
- Explain what you are seeing and ask someone if they have considered that they might have a bigger issue going on that they might need help with
- Validate. Validate. Validate. One of the most important things you can do is listen and validate how the other person is feeling. Here are some helpful instructions on how to best support someone: [Supporting Someone with Depression](#)
- Stay calm and rational
- If anyone indicates that they are having suicidal thoughts or you think they might be at risk, reach out for help by calling 911 or the National Suicide Prevention Lifeline 800-273-8255

Resources

- Counseling: Check with your insurance company or psychologytoday.com/us/therapists to find a therapist in your area
- NAMI: nami.org/Find-Support
- ADAA: adaa.org/