



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

[What Does it Mean to Have Good Mental Health?](#)

[Stonewall Columbus 2024 Pride March](#)

[Attend a Webinar](#)



WHAT DOES IT MEAN TO HAVE GOOD MENTAL HEALTH?

EMOTIONAL WELL-BEING AND RESILIENCE IN EVERYDAY LIFE

Taking care of your mind is just as important as taking care of your body. While no formula exists for stopping someone from developing a mental health concern, there are ways to protect your mental and emotional well-being and give them a boost in difficult times. The [Substance Abuse and Mental Health Services Administration](#) marks May as Mental Health Awareness Month in an effort to reduce the stigma around mental health and encourage open conversations to promote well-being.

WHAT IS MENTAL HEALTH?

For a person of any age, [mental health](#) is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. When you're mentally healthy, your feelings, actions

and relationships are in a good place. You're able to love, learn, work, and enjoy your downtime.

You can have good mental health and still have stress and sadness from time to time. But when you're mentally healthy, you're able to cope with the ups and downs of life. And adapting to change comes easier, too.

WHAT IS MENTAL ILLNESS?

A mental illness is a health problem that has a large effect on thinking, actions, emotions, and mood. It often impacts day-to-day life and relationships. And it can cause problems at school, work, home and in social settings. Like diabetes or heart disease, a mental illness is a medical problem that can be treated.

Mental illnesses are more common than you may think – and affect people of all ages, genders, income levels and races. Globally, about [1 in 8 adults](#) and [1 in 7 youth](#) ages 10–19 have some type of mental illness. Depression and anxiety are most common. Several factors may increase the risk for mental illnesses, including:

- Genes/family history
- Use of alcohol or recreational drugs
- Environmental exposure before birth (such as exposure to drugs or an illness)
- Physical/emotional trauma

Sometimes a major life event hits hard, like a divorce, move or new diagnosis. Other times, a medical problem can lead to symptoms of mental illness. Thyroid disease can lead to depression, for example. Any of these can change the brain chemicals that manage emotions and control thought patterns. Fortunately, mental health conditions are very treatable. With the right support, many people can get well and thrive. People also can take steps to nurture well-being and be better prepared to get through difficult times.

HOW MENTAL HEALTH CHANGES AS YOU AGE

Mental health challenges can arise at any stage of life. In childhood, good mental health is crucial for social development, while teenagers often face anxiety due to peer pressure and self-esteem. [6 in 10 parents](#) report being very to extremely concerned about their child's emotional health and development or behavior in the past two years and half of working parents said they've missed work time once a month (or more) due to issues with their children's mental health. [Resources like Bloom: Supporting You in Growing Kids' Mental Well-Being](#) can help parents and caregivers build mental wellbeing for kids.

As adults enter middle age, they find themselves balancing numerous responsibilities, often leading to feelings of restlessness. On the other hand, older adults confront distinct challenges such as declining health and loneliness, which can elevate the risk of depression.

SIGNS OF MENTAL ILLNESS

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears, worries, or extreme guilt
- Extreme mood swings
- Withdrawal from social activities
- Fatigue, low energy, or sleep problems
- Detachment from reality, paranoia, or hallucinations
- Inability to cope with stress or daily problems
- Substance abuse, changes in eating habits, altered sex drive, increased anger or violence, and suicidal thoughts.

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains. Different people may have different levels of these symptoms. And, as with most health concerns, the sooner they get support, the better. There is a wide array of treatment options available. The most common approaches used today are talk therapy, medications, and support groups.

WHEN TO SEE A DOCTOR

If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.

WAYS TO SUPPORT GOOD MENTAL HEALTH

Many things impact mental health. Your physical health, school, work, and home life all matter. The healthy habits below can play a role in mental and emotional health for people of all ages:

- **Be active.** Movement is good for the mind and body. Even walking for 30 minutes each day can boost your mood.
- **Eat healthfully.** Getting the right balance of foods can improve mental energy and focus. People who eat mostly fruits, vegetables, nuts, whole grains, fish, and unsaturated fats are 30% less likely to be depressed than those who have meat and dairy more often.
- **Get enough sleep.** Sleep is essential for overall health. It's the time when your body and mind recharge and repair.
- **Limit screen time.** Blue light from screens can make it harder to fall asleep. And watching violent or upsetting shows, including news programs, can weigh on mental health.
- **Make time for mindfulness.** Meditation, muscle relaxation and breathing exercises all work very well. Keeping a journal to jot down what you're doing, how you feel and what you appreciate can also be helpful.
- **Focus on your relationships.** When you feel connected to your loved ones, hard times can be easier to bear. And the good times can feel that much better when you have people to share them with.

If you or someone you know is in crisis, seek safety and get help right away. If you or someone you know is in immediate danger, call 911 or go to the closest emergency room.

To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at **988** or **1-800-273-TALK (1-800-273-8255)**. You may also text **988** or chat at [988lifeline.org](https://www.988lifeline.org). The lifeline provides 24/7 free and confidential support.

[Franklin County Cooperative & ThriveOn Resources](#)

Onsite EAP Consultant

Emotional Wellbeing Solutions

Bloom: Supporting Kids' Mental Well-Being



STONEWALL COLUMBUS 2024 PRIDE MARCH

MARCH WITH FRANKLIN COUNTY ON JUNE 15TH

Pride Month, celebrated each June, commemorates years of struggle for civil rights and the ongoing pursuit of equal justice under the law for the lesbian, gay, bisexual, transgender, and queer community, as well as the accomplishments of LGBTQ+ individuals.

The Office of Diversity, Equity, and Inclusion (ODEI) invites you, your family and friends to join us in celebration and to show our support for Franklin County's LGBTQIA+ community by walking in the Stonewall Columbus 2024 PRIDE March on Saturday, June 15th. There is no cost to participate in the March. ThriveOn has partnered with ODEI to provide a \$50 Well-Being Activity incentive for those who participate.

To register and commit to walking with the county, [click here](#). Deadline for registration is Monday, May 20th. Further communication will be sent out to registrants closer to the day of the Pride March.

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

Healthy Lifestyle

Fitness 101

Thursday, May 9 – June 13 | 12-12:30pm | Complete 4 of 6 sessions for credit

Explore the basic components of exercise techniques and how to fuel an active body while learning how to create a safe, well-rounded exercise routine that works for you! This program has something for everyone no matter your level of fitness confidence.

[REGISTER NOW >](#)

CancerBridge

Modifiable Risk Factors for Cancer Prevention

Thursday, May 16th, 2024 at 11am (EST)

This presentation will cover the lifestyle choices and behaviors that we can change to reduce our chances of developing cancer.

[REGISTER NOW >](#)

Using Visualization for Calm and Clarity

Thursday, May 23rd, 2024 at 11am (EST)

Learn to use your power of imagination for relaxation and resilience by exploring different visualization practices.

[REGISTER NOW >](#)

EAP Grp. Sessions

How to Simplify Your Life

Friday, May 31 from 1-2pm

Explore personal barriers to simplicity by examining inner beliefs, pressures, and excuse-making. Learning includes defining values, decluttering, streamlining, fostering supportive relationships, and creating an action plan.

[CLICK TO JOIN >](#)

[DOWNLOAD THE WORKBOOK >](#)

WeightWatchers

Maximizing Wellness During Summer Months

Thursday, May 16 at 1pm

Summer fun can really disrupt our routines—but WW experts are here to share secrets for staying healthy and balanced all season long. Discover practical strategies to stay on track during the busy summer months.

[CLICK TO JOIN >](#)

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program