What is Mental Illness?

- Mental illness refers collectively to all diagnosable mental disorders.
- Significant changes in thinking, emotion, and/or behavior
- Distress and/or problems functioning in social, work, or family activities
- Mental illness is COMMON. In a given year, nearly one in five (19 percent) U.S. adults experience some form of mental illness.
- Mental illness is TREATABLE. The vast majority of individuals with mental illness continue to function in their daily lives.
- The most common mental disorders are anxiety, depression, and bipolar disorder.

Need Help?

Address
370 East Market St., Akron, OH 44304
2999 Payne Ave., Suite 140
Cleveland, OH 44114

Phone
(234) 312-3607 Akron
(216) 361-1223 Cleveland

Website
https://www.asiaohio.org/services/ichc/
(or scan the QR code above)
What is Mental Health?

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- Poor mental health affects all of society and not just a small, isolated segment. While certain groups are more vulnerable, nobody is immune. A sign of poor mental health could be finding it difficult to manage how we think, feel, act with respect to daily stresses. These problems are characterized by alterations in thinking, mood, or behavior.
- If you believe that you’re experiencing problems, it’s important to know that help is available.
- Poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness.

MENTAL HEALTH relates to everyone’s daily life

Good Mental Health helps with

Productive activities (work, school, caregiving)
Healthy relationships
Ability to adapt to change and cope with adversity

How to Take Care?

REST
Getting enough rest.

EXERCISE
Exercising regularly, preferably with someone else.

SHARE
Making time for yourself, family and friends – talk to them about how you feel.

INTROSPECT
Getting to know who you are and what you think about – try to do things that make you happy and don’t forget to laugh regularly.

ACCEPT
Cultivating and encouraging optimism in yourself and others, and trying to avoid over-thinking and comparisons with others – learn to balance and accept what you can and cannot change about yourself.

HEALTHY DIET
Eating regular meals.
Limiting your intake of alcohol and avoiding cigarettes and other drugs.