

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.

cited from: <https://www.cdc.gov/mentalhealth/learn/>
<https://www.psychiatry.org/patients-families/what-is-mental-illness>
<https://www.mentalhealth.org.uk/a-to-z/s/schizophrenia>
<https://www.changeyourmindni.org/about-mental-health/what-is-mental-illness>



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)

Take Care of Your Mental Health



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.

