

Signs & Symptoms

Every mental illness is different.

It's ok to get help! You are not alone.

It's important to remember that at some moment in life everyone will experience anxiety and sadness in life. Remember that when anxiety and sadness is overwhelming and occurs often, a mental health condition may be the cause. It's ok to seek help. You don't have to live with the symptoms; there are resources available to feel better and professional help. Mental illnesses include anxiety, bipolar disorder, depression, obsessive compulsive disorder, post-traumatic stress disorder (PTSD), eating disorders and many others. The two most common mental health illnesses are depression, affecting more than 16 million Americans, and anxiety. Every mental illness is different.

Listed are some common signs to help you or a loved one.

1 in 5 Americans experience a mental health condition annually.

African Americans are 20% more likely to experience a mental health challenge than the general population.

Signs & Symptoms



Adults: 1 in 5



Youth: Increasing Rate



- **Noticeable mood swings** - Increased feelings of worry, panic, sadness or hopelessness.



- **Loss of interest** - Avoid friends and relatives; activities that were once pleasurable.



- **Change in sleeping habits** - Not sleeping; sleeping too little or too much.



- **Low energy** - Inability to handle everyday activities and tasks such as work, social interactions, and self-care and upkeep.



- **Difficulty interacting** - Extremely irritable with others; hard to understand or relate to others.



- **Appetite or weight changes** - Diet has changed; excessive eating or little to no eating.



- **Uncontrollable emotions** - Noticeable rapid mood swings from sadness to happiness; happiness to sadness.

OUR MENTAL HEALTH

IS...

- Important
- Connected to physical health
- Something that matters
- Worth making time for
- Part of being human
- Something we need to look after
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Something to be ashamed of
- All in your mind
- Always something negative
- Something you decide to have
- About feeling good all the time
- Something you “snap out of”
- Fake news
- Something affecting specific race or gender
- An interchangeable term with mental illness

— MENTAL HEALTH & MENTAL ILLNESS ARE NOT THE SAME —

Mental health and mental illness are not the same thing. According to the Centers for Disease Control (CDC), mental illness refers to “conditions that affect a person’s thinking, feeling, mood, or behavior.” These can include but aren’t limited to depression, anxiety, bipolar disorder, or PTSD to name a few. Mental health reflects “our emotional, psychological, and social well-being.” Affecting “how we think, feel, and act,” mental health has a strong impact on the way we interact with others, handle problems, and make decisions.

Join **BeeThe1ToHelpSomeone** for the Annual “Neighborhood Mental Health Awareness Virtual 5K.” **October 18-28**. It’s Flex-Time.

The 5K is Flex-Time / Start: Oct 18; Finish by: Oct 28.

Since 2018, participants across the USA to Lagos and as far as Indonesia, are raising awareness in their neighborhoods *doing the 5K their way*. You can jog, walk, skateboard, cycle; others dance and some have strolled their cute babies & grand babies across the finish line in their neighborhood. *There are runners competing every year for the fastest finish time. Check the 5K out on IG.*

Registration Opens September 18th: Individuals and friends and family teams who register before October 1st will receive the t-shirt to wear when they start their 5K. Wearing your t-shirt, please share your photos on FaceBook & Instagram and tag us as we *increase awareness, together*.

Because you support what you believe in and we are grateful, your support contributes to scholarships for more Neighborhood Mental Health First Aiders; provide help for therapy; accessible resources; and advocacy.

- 2022 Theme -

“Bee The Rainbow In Someone Else's Cloud”

Get Your Family, Friends, Colleagues, Faith Community Registered



- Running the Race for a Culture of Mental Health Awareness -

photos to be added

@BeeThe1ToHelpSomeone