




# Mental Health Awareness Conference

**Dr. Kirubel Woldemicheal**

**Dr. Eyuel "Joel" Terefe**

**Psychiatry residents**

**10.11.2020**



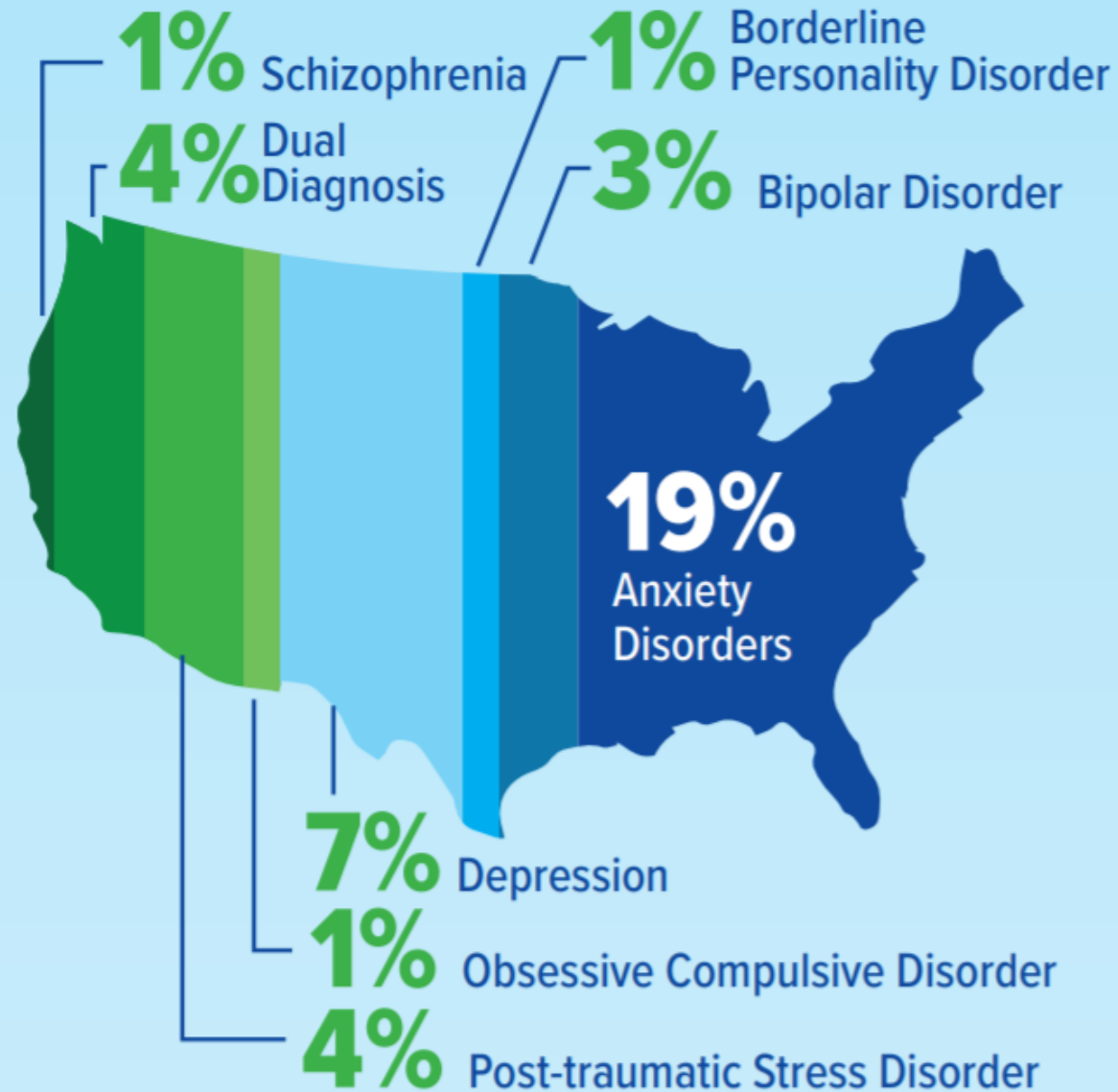
# What is mental illness?

- A condition (a state of being) that (Negatively Alters) and/or **significantly and persistently** affects a person's **thinking, feeling, behavior or mood.**
- Which deeply impact **day-to-day living** and may also affect the ability to relate to others and *the ability to **function in significant areas of life.***

- **1 in 5** U.S. adults experience mental illness each year
- **1 in 25** U.S. adults experience serious mental illness each year
- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24

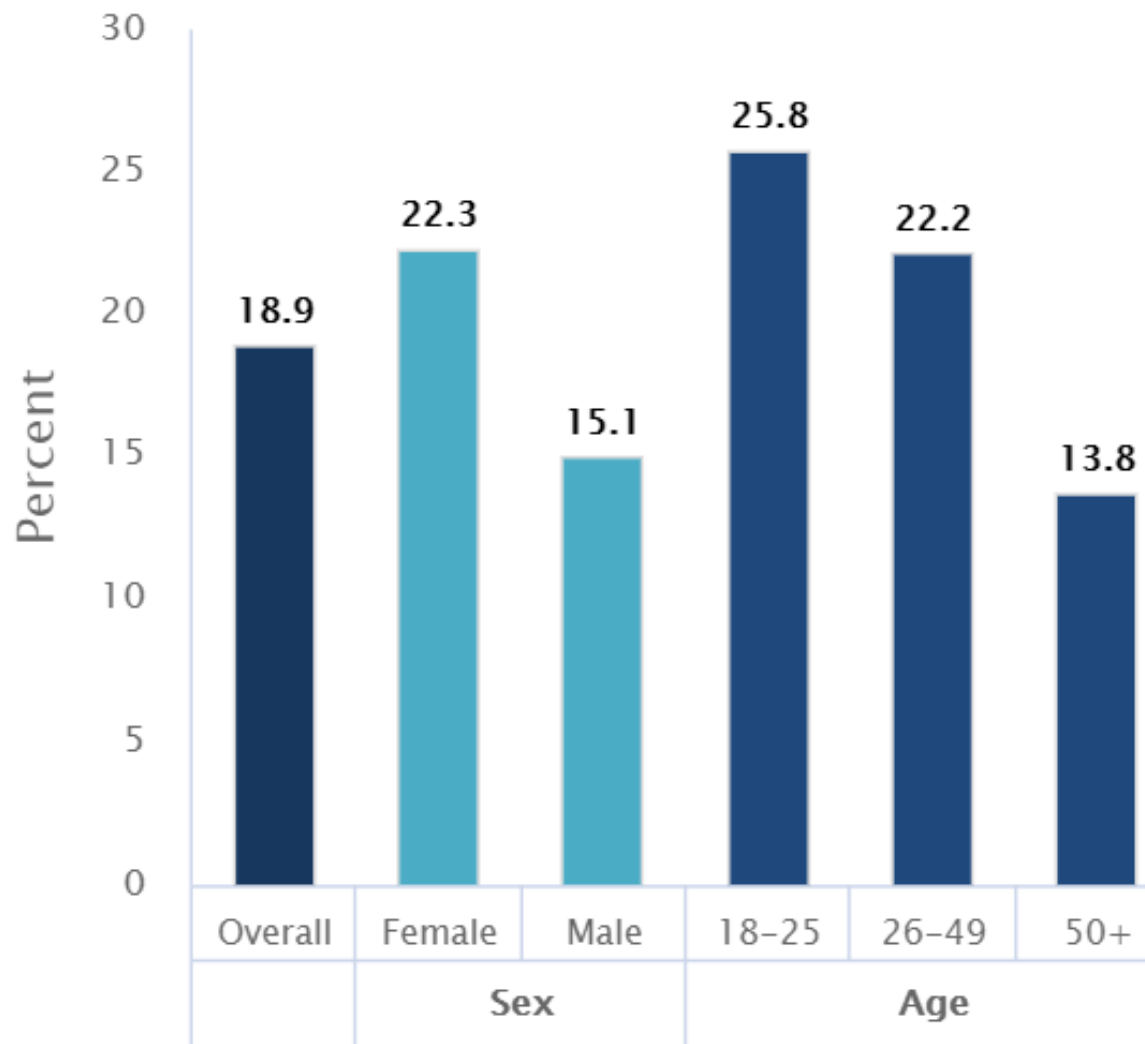
Mental illness is **common**

## 12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



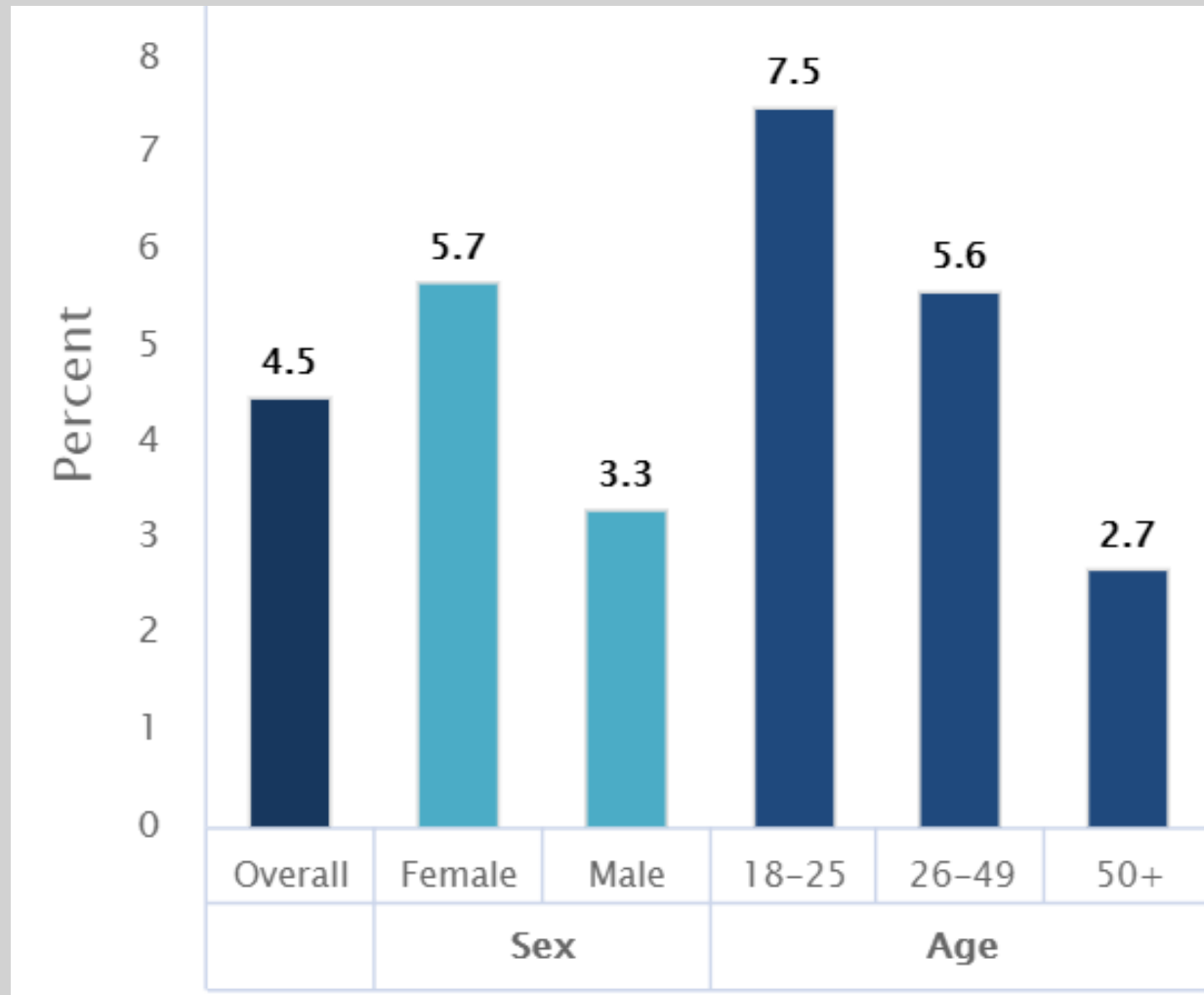
# Prevalence of Any Mental Illness Among U.S. Adults (2017)

Data Courtesy of SAMHSA



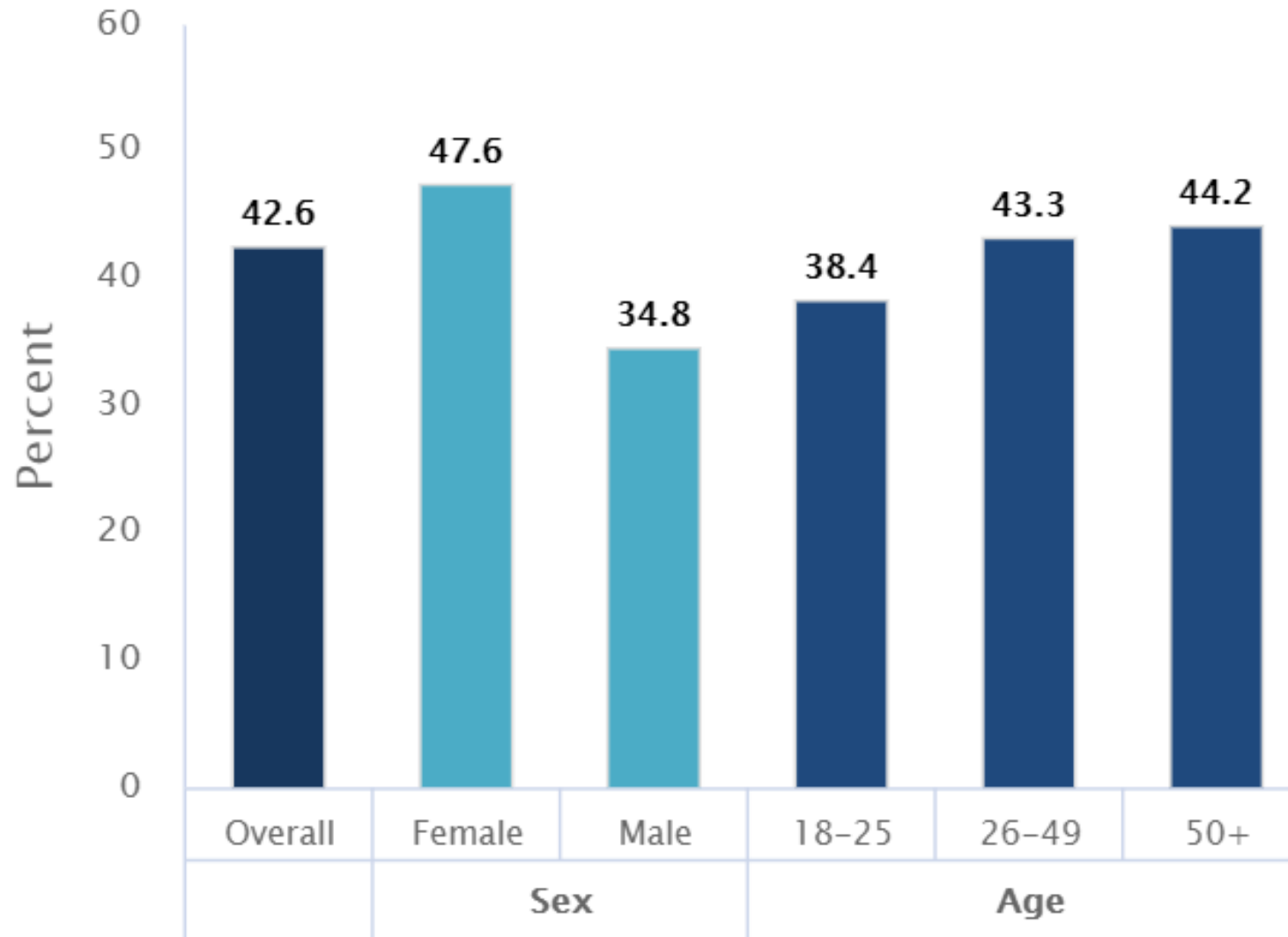
# Prevalence of Serious Mental Illness Among U.S. Adults (2017)

Data Courtesy of SAMHSA



# Mental Health Services Received in Past Year Among U.S. Adults with Any Mental Illness (2017)

Data Courtesy of SAMHSA



# The Magnitude of the problem

**Suicide is the 10<sup>th</sup>** leading cause of death in the US for all ages. (CDC)

**Every day**, approximately 123 Americans die by suicide. (CDC)

**There is one death** by suicide in the US every 12 minutes. (CDC)



**An estimated quarter million people** each year become suicide survivors (AAS).

**There is one suicide** for every estimated 25 suicide attempts.  
(CDC)

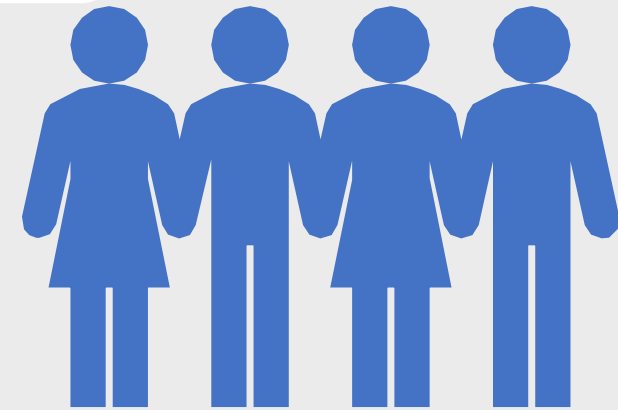
**Suicide takes the lives** of over 48,300 Americans every year.  
(CDC)

**Only half of all Americans** experiencing an episode of major depression receive treatment. (NAMI)

**80% -90% of people that seek treatment** for depression are treated successfully using therapy and/or medication. (TADS study)

# STIGMA

1. Dominant groups of societies Identify individuals or specific groups and **differentiate (silencing)** them from society
2. Forming a negative cultural stereotype- Link them to a set of ***undesirable characteristics***.
3. Creating an “**US vs. THEM**” demarcation from the dominant group of society
4. Dominant groups construct **structural systems/policies/laws** that when accumulated institutional practices create inequities/marginalization.
5. Socially devalued and systematically disadvantaged → results into **barriers** to health access, employment, and empowerment.



# Worldwide

**Suicide is the 2nd** leading cause of death in the world for those aged 15-24 years.

**Depression** is the leading cause of disability worldwide.



The *why* to suicide – theoretical  
explanation

# Entrapment/frantic hopelessness

- which is an urge to escape or avoid an unbearable life situation when escape is perceived as impossible;
- thus, death is perceived as the only solution.
- Typical situations are terminal illnesses, failure at work, or romantic rejection.

# Suicide Risk Factors

- **Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders**
  - **Alcohol and other substance use disorders**
  - **Hopelessness**
  - **Impulsive and/or aggressive tendencies**
  - **History of trauma or abuse**
  - **Major physical or chronic illnesses**
- **Lack of social support and sense of isolation**
  - **Stigma associated with asking for help**
  - **Lack of health care, especially mental health and substance abuse treatment**
  - **Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma**
  - **Exposure to others who have died by suicide (in real life or via the media and Internet)**

# Suicide Risk Factors

- **Previous suicide attempt**
- **Family history of suicide**
- **Recent job or financial loss**
- **Recent loss of relationship**
- **Easy access to lethal means**
- **Local clusters of suicide**



## WARNING SIGNS OF SUICIDE

Suicide does not have one single cause. Certain factors like substance abuse and untreated depression can lead to higher risk of suicide just as having a trusted group of friends can help protect you. Read more about the warning signs of suicide, risk factors and protective factors of suicide.

- **Increasing the use of alcohol or drugs;**
- **Acting anxious, agitated, or reckless;**
- **Sleeping too little or too much;**
- **Withdrawing or feeling isolated;**
- **Showing rage or talking about seeking revenge; and**
- **Displaying extreme mood swings.**

Warning Signs

- **Talking about wanting to die or to kill oneself;**
- **Looking for a way to kill oneself;**
- **Talking about feeling hopeless or having no purpose;**
- **Talking about feeling trapped or being in unbearable pain;**
- **Talking about being a burden to others;**

## Warning Signs

# What to do

Call 911 or the emergency service in your country if you see or hear the following:



Someone threatening to hurt or kill him/herself or talking about wanting to die. Especially if the person has a weapon or item to hurt himself/herself.



Searching for ways to kill him/herself by seeking access to lethal means-whether that is online or physically in the moment of despair.



Someone talking, writing, or posting on social media about death and suicide when these actions are out of the ordinary for the person.

# Protective Factors

- **Effective clinical care for mental, physical and substance use disorders**
- **Easy access to a variety of clinical interventions**
- **Restricted access to highly lethal means of suicide**
- **Strong connections to family and community support**

# Protective Factors

- **Support through ongoing medical and mental health care relationships**
- **Skills in problem solving, conflict resolution and handling problems in a non-violent way**
- **Cultural and religious beliefs that discourage suicide and support self-preservation**

Call the NAMI Helpline at [800-950-6264](tel:800-950-6264) M-F, 10 am – 6 pm, ET  
Or [in a crisis](#), text "NAMI" to 741741 for 24/7, confidential, free crisis  
counseling

National Alliance on Mental Illness  
NAMI

# NATIONAL HELP LINE

## **SAMHSA's National Helpline – 1-800-662-HELP (4357)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.



# National Suicide Prevention Lifeline



**1-800-273-8255**

**CHAT WITH LIFELINE**

In a crisis?

**Text HOME to 741741 to  
connect with a Crisis  
Counselor**

Free 24/7 support at your fingertips

US and Canada: text [741741](tel:741741)



# Resources



## Resources

### FINDING HELP

- + SCREENING TOOLS
- + BOARDING HOME INITIATIVE
- + FOR YOURSELF
- + FOR A LOVED ONE
- + FOR PROFESSIONALS
- + FIND A PROVIDER






## Parent Screen

Are you concerned about your child's behaviors, emotions, or moods? Is your child between the age of 11 and 17? Take this screening.




# Resources

Find a health care provider or treatment for substance use disorder and mental health

- [SAMHSA's National Helpline](#)  : 1-800-662-HELP (4357) and TTY 1-800-487-4889
- [Treatment Services Locator Website](#) 
- [Interactive Map of Selected Federally Qualified Health Centers](#) 

# Resources

Find a health care provider or treatment for substance use disorder and mental health








- [SAMHSA's National Helpline](#)  : 1-800-662-HELP (4357) and TTY 1-800-487-4889
- [Treatment Services Locator Website](#) 
- [Interactive Map of Selected Federally Qualified Health Centers](#) 



# Take care of your mental health

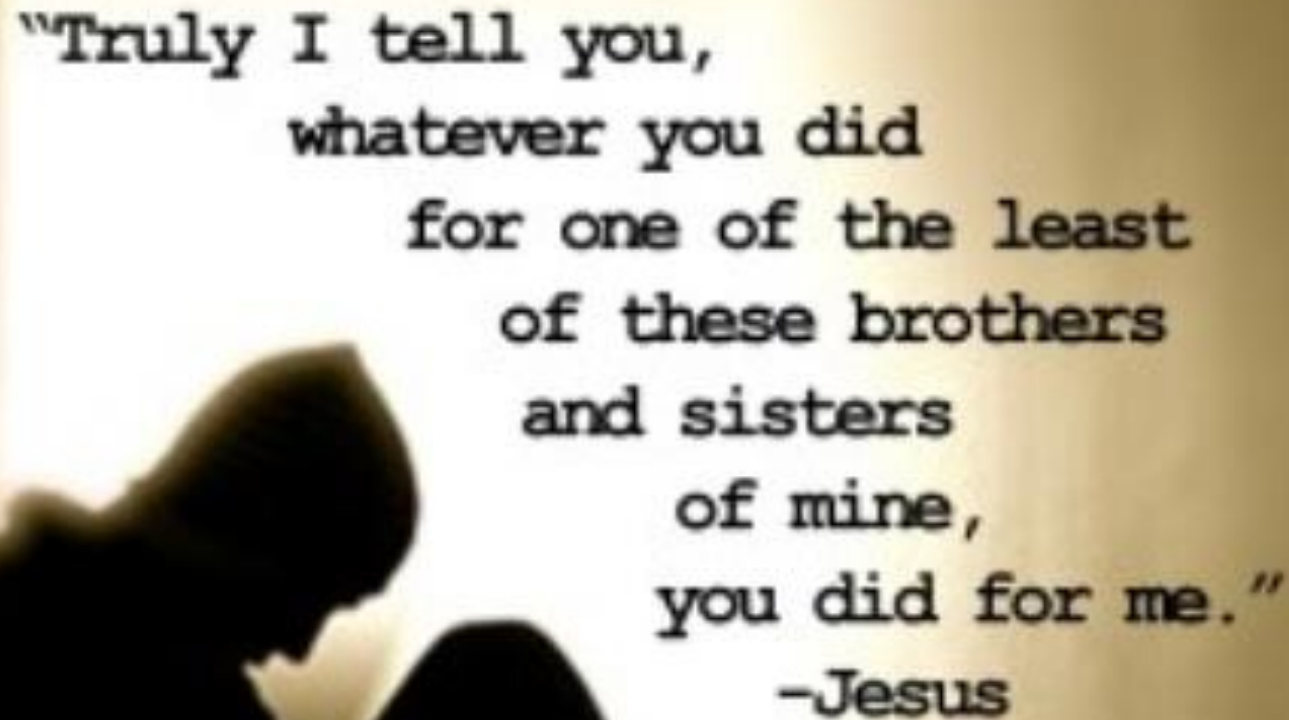
You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

## Get immediate help in a crisis

- Call 911
- [Disaster Distress Helpline](#)  : 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifeline](#)  : 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)  .
- [National Domestic Violence Hotline](#)  : 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotline](#)  : 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](#)  : 1-800-656-HOPE (4673) or [Online Chat](#) 

# Resources

- Warmline (For those who aren't in crisis, but still want to talk to someone) : <http://www.warmline.org/>
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- The TrevorLifeline for LGBTQIA+ Youth : 1-866-488-7386
- Crisis Text Line : Text 'MHA' to 741741
- Find MHA in your area: <https://arc.mentalhealthamerica.net/find-an-affiliate>
- SAMHSA Treatment Locator: <https://findtreatment.samhsa.gov>



"Truly I tell you,  
whatever you did  
for one of the least  
of these brothers  
and sisters  
of mine,  
you did for me."  
-Jesus

Matthew 25:40

BE WILLING  
BE INFORMED  
BE PREPARED  
BE SUPPORTIVE  
BE HOPEFUL