

Call to Mind Mental Health Minutes For May 2023

CALL TO MIND – MENTAL HEALTH MINUTES

This May Mental Health month, Call to Mind brings you 7-days of Mental Health Minutes. More than just the facts, we bring you 1-minute of mental health learnings, information and insights to foster new conversations about mental health.

DESCRIPTIONS

1. MENTAL HEALTH EMERGENCIES

988 is an easy-to-remember number to call for mental health crisis support. So, what exactly are mental health crises? Dr. Christine Crawford from the National Alliance on Mental Illness (NAMI), explains.

2. THE “COST” OF UNTREATED MENTAL ILLNESS

On average, it takes 11 years after mental illness symptoms first present for a person to seek treatment. What are the “costs” of untreated mental illnesses to individuals and communities? Dr. Arthur Evans Jr. of the American Psychological Association shares more.

3. TREATING SUBSTANCE USE DISORDERS

An estimated 46-million people in the United States have an alcohol or drug use disorder. Substance use disorder experts say addiction is treatable. So why is recovery so difficult for so many? Neuroscientist Scott Edwards, from the LSU Health Sciences Center, explains.

4. UNDERSTANDING MENTAL HEALTH APPS

There are over 10-thousand mental health apps available -- everything from tools to connect with therapists to wellness guides that help manage stress. With so many digital tools to choose from, how do you know what the best fit is for you? Dr. Stephen Schueller, the executive director of One Mind PsyberGuide, shares what to look for.

5. BRIDGING CULTURAL BARRIERS IN THERAPY

The demand for mental health services has never been greater, and many people are waiting to get appointments with trained mental health professionals. Some people will need to see a care provider who may not be a perfect fit, but can help them with the mental health care they need. Dr. Cheryl Wills from the American Psychiatric Association explains how providers bridge cultural differences.

6. ASKING IF SOMEONE IS OK

When you think someone you know is struggling, reaching out and offering support might be tougher than it seems. Dr. Christine Crawford from the National Alliance on Mental Illness

(NAMI) says asking a simple question the right way is the first step.

7. ONLINE RELATIONSHIPS

When someone is lonely or feeling isolated, they may turn to online spaces to make the social connections they are missing in their lives. Stanford psychiatrist Dr. Elias Aboujaoude says online connections might not lead to the quality relationships a person is looking for.