



Quartz[®]
Find your spark.

Mental Health Awareness

Objectives

- 1 **About Mental Health**
- 2 **Learn Stigma-Reducing Language**
- 3 **Review Warning Signs of Mental Health Concerns**
- 4 **Explore Steps to Offer Support**

What is Mental Health?

- Defined as the **way we think, feel,** and how we relate to others
- Each day our mental health can be seen as positive or negative
- Everyone has mental health, but not everyone has a mental illness
- Mental Illness is a **condition of the brain**

- **When does Mental Health Become Mental Illness?**

- persistent for a period of time
- distressing and cause a significant disruption in ability to function
- decreases the quality of their life



About Mental Illness

What conditions define Mental Illness?

- Schizophrenia
- Post Traumatic Stress Disorder (PTSD)
- Bipolar
- Borderline Personality Disorder
- ADHD
- OCD
- Depression
- Anxiety
- Eating Disorders
- Suicide
- Addiction

Fast Facts

1 in 5 U.S. adults experience mental illness each year

1 in 20 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

Suicide is the **2nd leading** cause of death among people aged 10-14

References: National Alliance of Mental Illness

Mental Health & Workplace



- Only 1 in 4 employees disclose anxiety disorder to their employer. **Most of the reason is traced back to the stigma around mental disorders.** 38% said they were worried bosses would think is an excuse to get out of work and 34% felt it would negatively influence promotion opportunities.
- According to the Center for Workplace Health, **80% of employees treated for mental health** reported improvements in job satisfaction and productivity.

References: CDC and National Institutes of Mental Health

Ripple Effect of Mental Illness



Person

People with depression have a **40% higher risk** of developing heart and diabetes.

Rate of unemployment is higher amount US adults who have mental illness



Family

8.4 million people in the US provide care to an adult with a mental or emotional health issue

Caregivers of adults with mental or emotional health issues spend an **average of 32 hours per week providing care**



Community

Mental illness and substance abuse disorders are involved in 1 of every 8 ER visits by US adults

70% of youth in juvenile justice system have a diagnosable mental health condition

Mental Health Treatment

- Mental health treatment usually consists of three things:
 1. Therapy
 2. Medication
 3. Self Care
- Taking steps to get treatment can be confusing or difficult, it is important to start exploring options
- Access to Treatment is Severely Limited in US. More impact in rural areas where there are not enough providers



Using Stigma Free Language

Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing *feeling* bad with *being* bad.

Instead of	
..is bipolar	Suffers from bipolar
....is schizophrenic	Lives with schizophrenia
...committed suicide	Died by suicide
...is mentally ill	Has a mental illness or mental health condition
...is “crazy”, “nuts”, “insane”	Has a mental illness or mental health condition

Take The Stigma Free Quiz

“I think people with mental illness.....

- A. Need to Snap Out of It
- B. Need our Love and Support
- C. Did something wrong to cause it
- D. Are sometimes faking it

Common Warning Signs

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs”
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite

Common Warning Signs

- Difficulty perceiving reality (delusions or hallucinations)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight")
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress



Worried about yourself or someone you care about?

1. If you notice any of these symptoms, it's important to ask questions.
2. Try to understand what they're experiencing and how their daily life is impacted.
3. Making this connection is often the first step to getting treatment.

Starting the Conversation



Inquire- *"I've noticed you haven't been yourself lately. Are you ok?"*

Acknowledge Their Struggle- *"Thank you for telling me. I am so sorry you are in this pain."*

Reassure Your Support- *"How can I help support you?" OR "We will get through this."*

Persuade Your Coworker to Get Help- *"Are you open to.... (Calling EAP/talking to your doctor/etc.)?"*

If met with resistance - *"There is no cost for EAP and it is confidential. I don't want to see anything happen to you. Let's call and find out what the next best step is."*

Refer to Resource- *"This is the... (Hand the employee the available support resource) they can support you through this. Reaching out for help isn't weak. It is the bravest thing you can do."*

If You or Someone You Know In Crisis

Talk with a health care professional. Call your/their primary care or behavioral health provider.

Call 911 for emergency services.

Go to the nearest hospital emergency room.

Call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889).

Call the NAMI Helpline at 800-950-NAMI

It's Okay to Talk About Suicide

Thoughts of **suicide can be frightening**. But by reaching out for help or checking in with family and friends, we can try to avoid devastating outcomes.

- Suicide is the **2nd leading** cause of death among people aged 10-14 and the 3rd leading cause of death among those aged 15-24 in the U.S.

- Suicide is the **12th leading** cause of death overall in the U.S.

- **46%** of people who die by suicide had a diagnosed mental health condition

- **90%** of people who die by suicide may have experienced symptoms of a mental health condition, according to interviews with family, friends and medical professionals (also known as psychological autopsy)

- **79%** of people who die by suicide are male

*If you or someone you know is struggling or in crisis, help is available. **Call or text 988, or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.***

Quartz Behavioral Health Case Management

How We Can Support You:

Navigating the healthcare system can be challenging, especially for those who may be facing mental health, substance use and physical health-related needs. It's helpful to have one person who can assist you with coordination of care, services and resources.

A **licensed mental health counselor** will work with you over the phone by:

- Coordinating care between multiple healthcare and community providers
- Identifying personal goals and strategies to meet the goals
- Finding community support groups or programs
- Working with families of children with mental health and substance use needs
- Connecting with you via phone over the course of about 6 months

How to Reach Us:

Please call our Behavioral Health phone number at **800-683-2300** and ask to speak with a member of the behavioral health case management team



AbleTo Offers Care for a Variety of Needs

AbleTo has designed a comprehensive array of evidence-based treatment to ensure each person gets the care that's right for them. Our highly experienced providers help individuals identify patterns of thinking and behaving that are negatively impacting their quality of life and help them build skills to feel better and live better.

Treatment is designed to address a primary focus area while utilizing content from other areas to tailor a care plan that meets the individuals' needs.

Focus areas AbleTo can help address:

Anxiety & Panic

Bereavement

Cardiac Health

Caregiver Support

Diabetes

GI Health

Postpartum

Chronic Pain

Depression & Substance

Use

Depression

Infertility

Respiratory Health

Oncology

Parkinson's

Rheumatoid Arthritis

Trauma and Stress

Military Transitions

Loneliness & Isolation

Covid-19

DBT Skills

Family Consultation

Weight Loss & Insomnia



AbleTo for Quartz Members

24/7, anywhere digital, self-paced program.

Builds resiliency through new skills and daily habits

Self Care+

Coach led, 8-week CBT program via 30 min video/phone call

Coaching +

Eight weekly 1:1 sessions with licensed therapist via video/phone paired with digital support tools

Therapy+

Proactive identification from claims data.

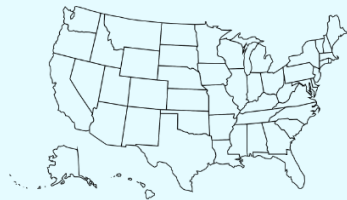
Holistic 2x/week sessions with therapist and coach to manage physical, mental, emotional health supported by online resources

Therapy360



988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

[ABOUT THE LIFELINE](#)

Physical Wellbeing is one of most comprehensive ways you can support your mental health

Exercise Daily

Daily exercise naturally produces stress relieving hormones in your body can help improve health

Avoid alcohol and drugs

They don't reduce stress and often worsen it

Eat Well

Eating less unprocessed foods like whole grains, vegetables and fresh fruits to stabilize energy

Practice Relaxation Exercises

Deep breathing, meditation, progressive muscle relaxation are easy ways to relax

Get Enough Sleep

Adults generally need seven to 9 hours of sleep. Practice good hygiene in room to support proper temperature, lights, and reducing use of screens before bed



Practice Good Mental Habits

Avoid Guilt

Try not to feel bad about experiencing negative emotions. When you allow yourself to notice your feelings without judging them as good or bad, you dial down the stress and feel more in control.

Notice The Positive

When you take the time to notice positive moments in your day, your experience of that day becomes better. Try writing down one thing each day or week that was good. Even if the positive thing is tiny (“It was a sunny day”), it’s real, it counts and it can start to change your experience of life.

Gather Strength From Others

Talking about your experiences can help. The idea that you can, or should be able to, “solve” things by yourself is false. Being willing to accept help is a great life skill.

Resources To Learn More

United Way (211)

National Alliance of Mental Illness (NAMI)

988

US Domestic Violence Hotline

<https://nami.org/Support-Education>

<https://namiwisconsin.org/education-programs/>

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Thank you.