

MENTAL HEALTH



May is National Mental Health Awareness Month

Mental illnesses are medical conditions that disrupt a person's thinking, feelings, mood, daily functioning, and ability to relate to others.

A mental health crisis can be unseen and unknown.

It is estimated that one in five adults live with a mental illness.

20%



KNOW THE SIGNS

Although mental health crises vary from person to person, some of the more common signs and symptoms include:

- Extreme mood changes
- Isolation from friends and family
- Changes in eating habits, sleeping habits, or both
- Substance abuse (alcohol or drugs, or both)
- Physical ailments without obvious causes (headaches, stomach aches, unspecified aches and pains)

SEE A PROBLEM, TAKE ACTION

If you or someone you know is having a mental health crisis, be willing and ready to seek help. Talk to someone who can help (i.e. medical professional, counselor, clergy), or call one of the listed resources below.

Take care of yourself by eating right, getting enough sleep, and taking time for yourself away from stress.



RESOURCES

- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-985-5990
- SC Department of Mental Health Mobile Crisis Team: 1-833-364-2274
- National Suicide Prevention Hotline: 1-800-273-8255 or 988

FIRE SAFE
South Carolina



A COMMUNITY RISK REDUCTION PROGRAM