

glossary OF TERMS

MENTAL HEALTH

SOMEONE'S ABILITY TO BALANCE THEIR EMOTIONAL, PHYSICAL, PSYCHOLOGICAL, AND SPIRITUAL/SOCIAL WELL-BEING.

MENTAL HEALTH STRUGGLES

ARE TYPICAL LIFE MOMENTS IN WHICH WE EXPERIENCE DIFFICULTY IN MAINTAINING WELL-BEING.

EXAMPLES: NERVOUSNESS BEFORE A PRESENTATION, SADNESS AFTER A LOSS, CONCERN FOR LOVED ONES

MENTAL HEALTH DISORDERS

OCCUR WHEN MENTAL HEALTH STRUGGLES BEGIN TO DISPROPORTIONATELY IMPACT OUR DAILY LIFE.

EXAMPLES: ADDICTION, DEPRESSION, ANXIETY, PTSD

4 tips WHEN SHARING ABOUT YOUR MENTAL HEALTH

1. PURPOSE

WHAT ARE YOUR GOALS FOR CONSERVATION. ARE YOU LOOKING FOR SOMEONE TO VENT TO, PROVIDING INFORMATION FOR FAMILY, OR WORK, OR ARE YOU LOOKING FOR HELP AND SUPPORT. THE CLEARER YOU ARE ABOUT WHAT YOU NEED, THE MORE LIKELY YOU ARE TO GET IT.

2. PLAN

HAVE AN IDEA OF WHAT YOU ARE GOING TO SAY AND PRACTICE. IT CAN BE HARD TO EXPLAIN MENTAL HEALTH STRUGGLES. IT CAN MAKE IT HARDER FOR OTHERS TO UNDERSTAND AND SUPPORT US, IF WE'RE UNCLEAR ON WHAT WE NEED.

3. SAFETY

WHILE PEOPLE DIAGNOSED WITH MENTAL HEALTH DISORDERS ARE PROTECTED AGAINST DISCRIMINATION THERE IS STILL STIGMA AROUND MENTAL HEALTH STRUGGLES. MAKE SURE YOU SHARE WITH SOMEONE WHO WILL RESPECT YOUR NEEDS AND PRIVACY.

4. BE PATIENT AND BE PERSISTENT

REMEMBER THAT YOU'RE IN THE PROCESS OF TEACHING SOMEONE ABOUT WHAT YOUR STRUGGLES ARE LIKE. SOME PEOPLE WILL BE SLOWER LEARNERS THAN OTHERS. MANY PEOPLE HAVE SAID I DIDN'T BELIEVE IN MENTAL ILLNESS OR MENTAL HEALTH DISORDERS UNTIL MY FRIEND, FAMILY, ETC TAUGHT ME ABOUT THEM.

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