Understanding Mental Health

To understand mental health, we must first think about our physical health. When our bodies feel sick, we do things to try to feel better. For example, if we have a terrible cough, we can try to rest, take medicine, or see a doctor.

But what happens if we feel so sad that we have no energy? What do we do if we cannot sleep because we think too much? We need to have a plan to treat these kinds of feelings, just like a cough. These are examples of mental health. If this is new information for you, do not worry, you are not alone, and there is help.

In the past, mental health has been taught less than physical health. However, that is changing now. We have learned that caring for our mental health can reduce suffering for everyone, and we hope you will help us educate others. Together we can better understand and support each other's mental and physical health

EXODUS REFUGEE IMMIGRATION INC

About Exodus

Exodus Refugee Immigration is dedicated to the protection of human rights by serving the resettlement needs of refugees and other displaced people fleeing persecution, injustice, and war by welcoming them to Indiana.

Exodus has a long history of welcoming refugees and asylees from many countries, cultures, languages, faiths, and political opinions. We began in 1981 with the mission to serve the legal needs of immigrants and Cuban refugees, who had arrived as part of the Mariel boatlift in 1980. Since that time, Exodus has helped thousands of refugees from more than 50 different countries establish new lives in Indiana.

This resource was put together by the Mental Wellness team at Exodus. If you want to find out if you qualify for mental wellness services at Exodus, you can call our office at 317-921-0836. If you would like to learn more about Exodus, you can look at our website: www.exodusrefugee.org

What is Mental Health?

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Mental health includes how we feel, what we think, and what we do or how we act. We can also call this our emotional, mental, and social health. You can think, feel, and act in ways that are healthy or unhealthy for you. Mental health is essential at every stage of life, from children to elders. Sometimes we can learn to make improvements on our own or with the help of friends and family, but sometimes we need help from a professional who is an expert in mental health.

How do you know if you need help?

If you answer yes to these questions, you will benefit from professional help.

- Do you feel sad, angry, scared, or stressed most of the time?
- Do you have problems falling or staying asleep?
- Do you have too many thoughts, and it is hard to stop them?
- Do you feel sick or have pain, but the doctors say you are healthy?
- Have you ever suddenly felt like bad things from the past were happening again?
- Is it hard to concentrate or remember things?
- Does it feel like you have no energy?
- Do you get mad for no reason?
- Do you feel guilty about something you did not do?
- Do you have a hard time sitting still?

What can you do to improve your mental health?

- Get enough sleep
- Eat a healthy diet
- Move your body, exercise.
- Tell someone you trust that you are struggling and need support
- Celebrate small achievements
- Try practicing being thankful for one thing each day.
- Use prayer or meditation to feel calm.
- Go outside for a walk or spend time in nature.
- Talk, message, or spend time with other people.
- Take deep, slow breaths.
- Try helping others.

Remember, you are not alone, and you can feel good again.

There are many ways to improve your mental health. There is always hope.

What if you still need help?

In the United States, many people have been trained to help. Psychologists, counselors, social workers, and therapists are all trained to help you understand, improve, and manage your mental health. Psychiatrists are doctors that specialize in mental health and can provide medication if needed.

All the professionals will listen to your problems and help you learn how to feel better. We call this therapy, and there are many different kinds. Some medications can treat your mental health just like other sicknesses. However, medications are recommended to be used with therapy for the best results.

Getting Help

If you are not safe, call 911.

- If you have thoughts of harming yourself and need to talk to someone, call 988 anytime, day or night, and someone will help you.
- Tell your doctor, and they can connect you to help.
- If you have a case manager or someone you go to for help, you can ask them to help you find professional help.