

School Social Work Newsletter

May 2021



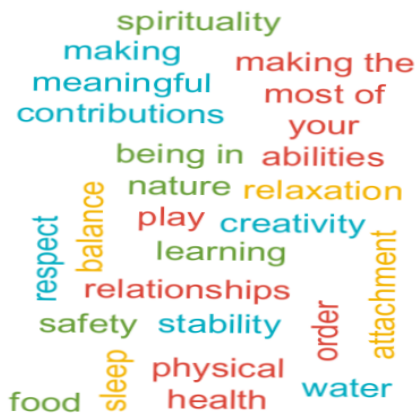
Let's Talk About,

What We Don't Talk About

What is Mental Health Care?

Mental Health Care encompasses the treatment of a mental health condition as well as promotes mental health. Consider a family doctor. We often see our family doctor for an illness or an injury, however, doctor's also conduct well checks or yearly physicals as preventative care--the same is true with mental health.

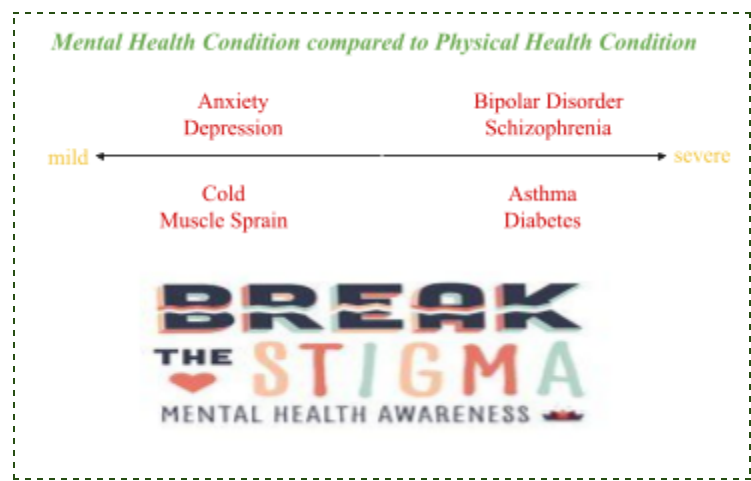
Taking care of our mental health can take many forms and most **do not** require a mental health professional's support. Did you know the following examples **ALL** impact our experiences of mental health conditions?



If any of these needs are unmet, symptoms of a mental health condition are likely to develop.

Why are Mental Health Conditions stigmatized?

The term “mental illness” is a general phrase that encompasses the entire range of mental disorders. However, “illness” carries a negative connotation and is **NOT** an indication of severity. In fact, most mental health conditions are **COMMON, MILD, TREATABLE, and SHORT-TERM**. If a mental health condition is more severe, long-term symptom management is **ACHIEVABLE**, therefore, minimizing any potential disruptions to functioning. Consequently, referring to a mental health disorder as a **mental health condition** instead of a “mental illness” may help to reduce the stigmatization surrounding mental health care and **normalize** an experience that according to the CDC website, more than 50% of people will encounter in their lifetime.

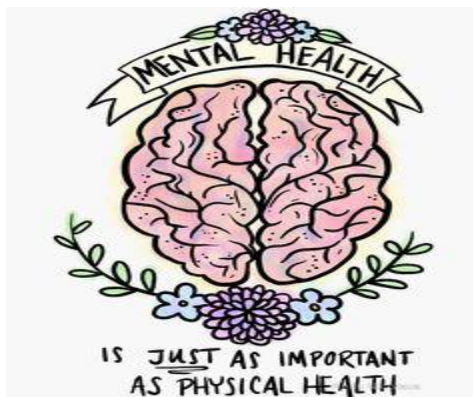


How do Mental Health Conditions develop and who can get them?

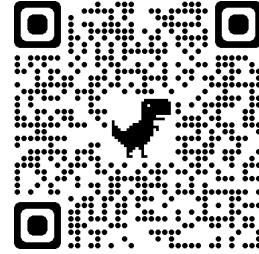
Mental health conditions develop based on two factors: our genetics and our environment. We can be more likely to experience a mental health condition based on our family history, but it is not guaranteed. A more predictable indicator of the development of a mental health condition is our “environment” or more specifically, *how well we are consistently cared for by our support system.*

Without getting into the complexities of our neurochemistry, chronic stress aka “unmet needs” deplete the chemicals in our brain that make us feel good. If we don’t take care of ourselves or are not cared for, our likelihood of experiencing symptoms of a mental health condition increases.

Fortunately, mental health conditions can often be treated by resolving the underlying unmet need. These needs can be met by accessing community resources, increasing our understanding of our experience, engaging in self-care, establishing care with a family doctor, and meeting with a mental health professional, if additional support is needed.



If you are not sure if you should seek mental health support, please scan or click the link for a free Mental Health Quiz



For immediate assistance, please contact:
National Suicide Prevention Hotline
1-800-273-TALK

Crisis Text Line
Text **MHA** to **741-741**

Please remember that the EUPISD School Social Workers are always here to help. If there is anything we can do to provide assistance or support to students, families, or staff, please reach out!!

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