

MD19-I  
CABINET MEETING  
FEBRUARY 2,2024

DG Mike,1stVDG Jennifer, 2ndVDG Chuck, Cabinet Members and Fellow Lions

Mental Wellness Report

What is Mental Health?

Physical health is the state of your physical body. Mental health is the state of your mind, and is part of your overall well being. It is more than just the absence of an illness or disability.

Like physical health, mental health can change over time, and it's normal to have good and bad days. Your physical health condition, life experiences, relationships, and work or school environments can all influence your mental health.

What is Mental Illness?

Mental illness is a general term for types of mental challenges that affect thoughts,emotions, behaviors, and your ability to function in daily life. People facing one of these challenges feel less distressed regularly and may not feel in control of their life.

Mental illness is not the same as feeling sad, unhappy or stressed because of difficult situations- like job loss or a breakup. Although, major life events like these and others can contribute to mental illness.

Signs of Mental Illness

Symptoms can vary. A person may experience intense symptoms everyday, or more mild ones once a week. They may:

- Stop doing things they normally enjoy
- Sleep more or less than normal
- Eat more or less than normal
- Have big mood swings
- Have strange thoughts or hear voices

What can I do for my mental Health?

Be kind to yourself, if you feel consistently down,anxious, or generally off please seek assistance.

Emergency Contact Information  
Call 1-800-784-2433  
OR  
988

Mental Health Support Line  
310-6789 (no area code needed)

