



It Is Well With My Soul

Part B

Presented by

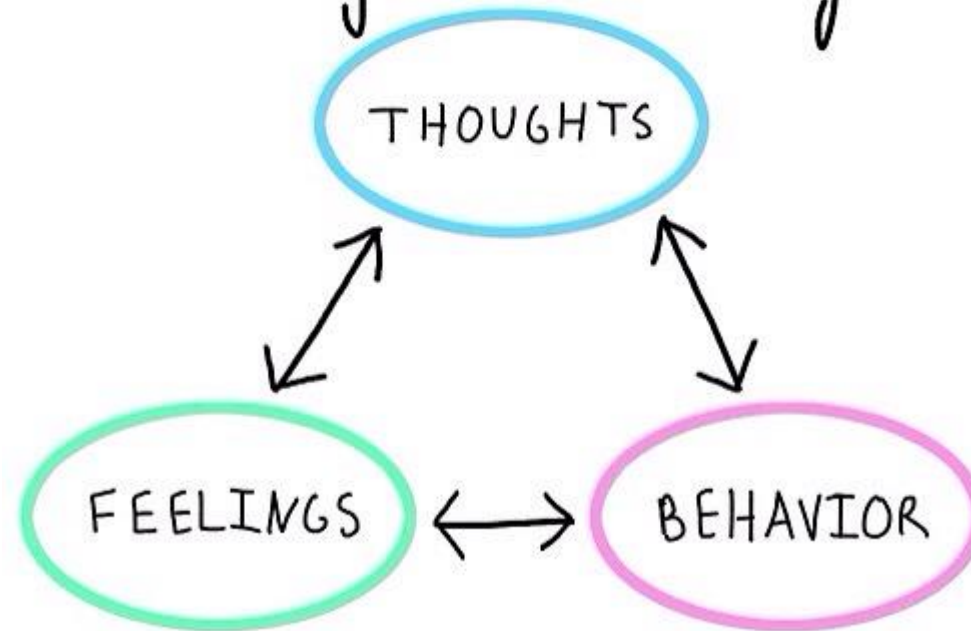
Dacia L. Moore, LPC



- Life is too short to play small with your talents. You were born into the opportunity as well as the responsibility to Become Your Best Self.

What is Mental Health?

The Cognitive Triangle



Parallel to Physical Health



You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

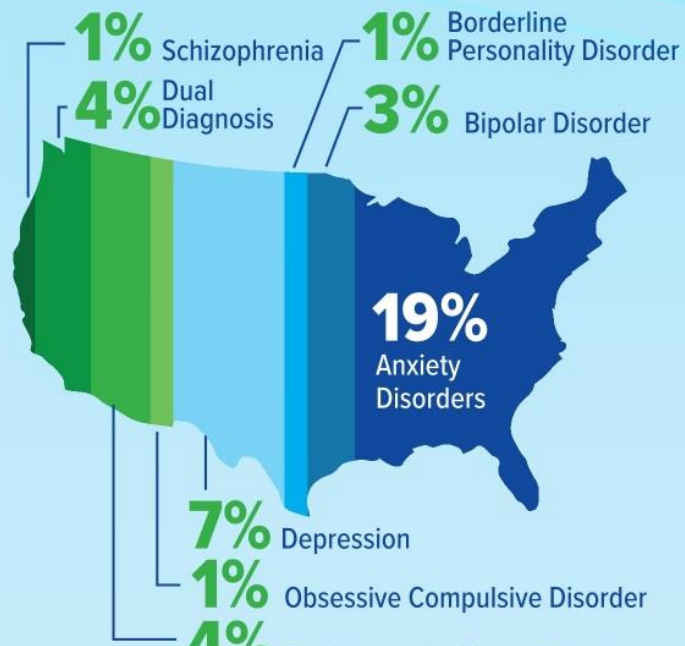
1 in 25

1 in 25 U.S. adults
experience serious
mental illness

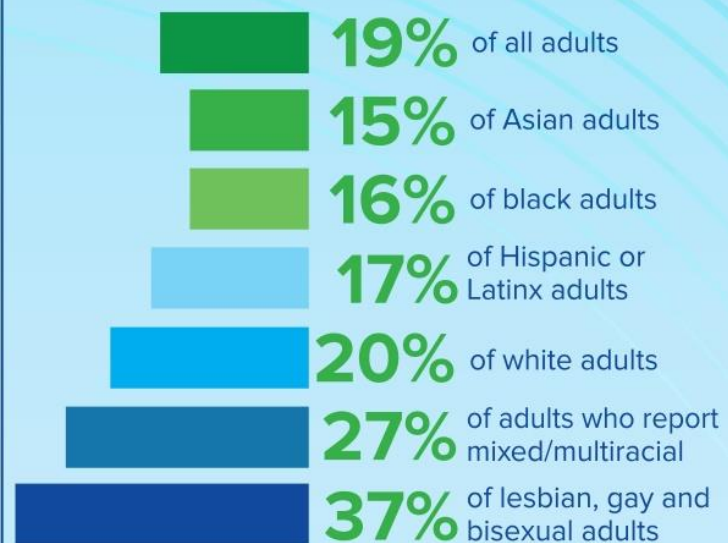
17%

of youth (6-17 years)
experience a mental
health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder

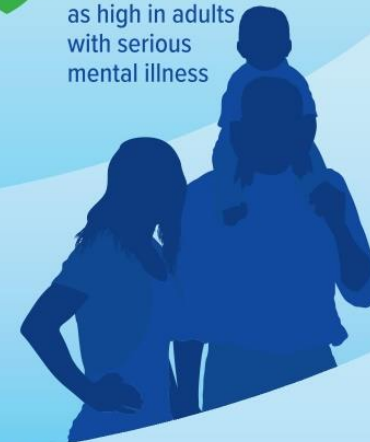


At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



20% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders

Mental Health Care

MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

43% of adults with mental illness

64% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

25% of Asian adults

31% of black adults

32% of adults who report mixed/multiracial

33% of Hispanic or Latinx adults

49% of white adults

49% of lesbian, gay and bisexual adults

For therapy to work, you have to be open to

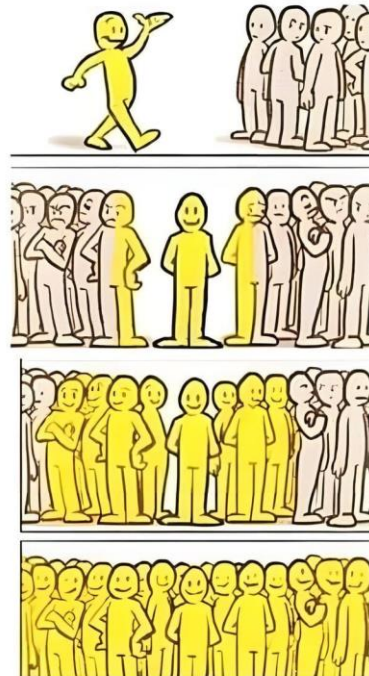
Life is messy



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Be A Light

This is how your light changes the world. ❤️



BE THE LIGHT 🌟

QUOTE

- Do not live as if you had 10,000 years left. Your fate hangs over you. While you are still living, while you still exist here on this Earth, **strive to be a genuinely great person**”
- Marcus Aurelius



Stay In Touch

SW Snippet – Monthly Becoming Your Best Self
E-Newsletter – swnippet.com

Dacia L. Moore, LPC
Second Wind Counseling & Consulting
www.secondwindcc.com

dmoore@secondwindcc.com

816-665-9823





Resources

- American Association of Christian Counselors
- Substance Abuse & Mental Health Services Administration
- American Psychological Association
- Psychology Today
- American Counseling Association
- Mental Health American
 - Mental Health America of the Heartland
- Issue based websites