



Edition Nine | Fall 2012



It's Up To Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.

About the Campaign

The "It's Up to Us" campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to local resources, we aim to inspire wellness, reduce stigma and prevent suicide.

Recovery is possible and help is available. It's Up to Us to make a difference in the lives of San Diegans experiencing mental health challenges by offering support and providing opportunities.

This campaign is developed through the County of San Diego Health and Human Services Agency, and supports the County's "Live Well, San Diego!" plan to promote a community that is healthy, safe and thriving.

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Access & Crisis Line
(888) 724-7240

COMMUNITY RESOURCES
2-1-1

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY
Funded by the Mental Health Services Act

Read Up: Happy Together? Or is Your Relationship Taking a Toll on Your Mental Health?

Human nature is social by design. We have an emotional need for relationships and positive connections to others. But what if a relationship turns from supportive to stressful? From a source of happiness to one of verbal or physical abuse?



In any relationship—with friends, co-workers or someone you are dating or married to—there will be times of stress due to misunderstandings or differences of opinion. The question becomes, how much stress is normal and what are the signs that it is time to get out? Things to consider are how often the relationship feels stressful and how it impacts you. If you feel stressed on a regular basis and experience bad dreams, anxiety, worry, depression, increased reliance on alcohol to cope, or physical symptoms such as stomachaches or headaches as a result of your relationship, it may be time to ask for help.

Signs of a healthy dating relationship:

- Having more good times than bad
- Having a life outside the relationship with your own friends and activities
- Making decisions together
- Feeling comfortable, able to be yourself and safe
- Being able to talk openly about concerns you have

Visit www.loveisrespect.org to take a relationship quiz!

Are you in an abusive relationship? 10 questions to ask yourself:

Do you worry about your partner's moods and change your behavior to deal with them? Are you no longer seeing family or friends to avoid your partner's jealousy or anger?

Does your partner...

- 1) Embarrass you with put-downs?
- 2) Make you feel afraid?
- 3) Control what you do, who you see or talk to or where you go?
- 4) Take your money, make you ask for money, or refuse to give you money?
- 5) Destroy your property?
- 6) Hurt or threaten to hurt you?
- 7) Force you to engage in sexual activities that make you uncomfortable?
- 8) Constantly accuse you of having affairs?
- 9) Threaten to kill him/herself if you leave?
- 10) Claim his/her temper is out of control due to alcohol, drugs or because he/she had an abusive childhood?

If you answered 'yes' to even one of these questions, you may be in an abusive relationship.

For support and guidance for safely leaving an abusive relationship, please call the National Domestic Violence Hotline (24 hours/7 days a week) at **1-800-799-SAFE (7233)** or at TTY **1-800-787-3224**.

For more information about local domestic violence resources, how to get involved in your community, or no-cost training, visit the San Diego Domestic Violence Council's website at www.sddvc.org.

Did You Know: One in four adults in San Diego is affected by mental illness. Recovery is possible and help is available.

Growing Up: Protecting Our Children from Violence

We all want the best for our children. But how do we protect them from today's increasingly violent world? Children usually see and hear more than we realize and since they often don't understand the true cause of violence, they can end up blaming themselves.

A child who witnesses violence at a young age can develop lifelong behavioral problems such as anxiety disorders, panic attacks, intrusive memories or flashbacks, addictions and self-injury. It can even cause children to become violent and aggressive themselves. The key is getting them help from a professional early.

- **Protect your children by eliminating physical confrontations or arguing in their presence. Remember that the safety of a child is closely connected to your own safety.**
- **Listen carefully to childrens' worries and let them know that adults are doing everything possible to keep them safe.**
- **Encourage them to talk about what happened. Younger children may express themselves in their play or drawings.**
- **Give clear, simple explanations about scary events.**
- **Limit television viewing and monitor the type of content they watch.**

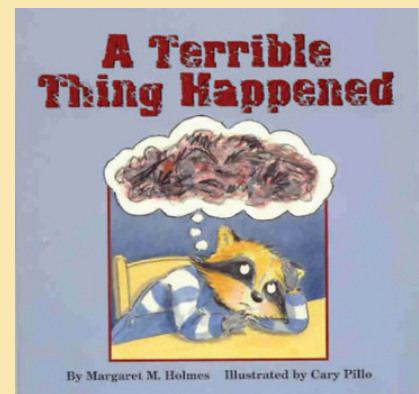
A Terrible Thing Happened - A Story for Children Who Have Witnessed Violence or Trauma

by Margaret M. Holmes and Cary Pillo

This illustrated book is written for children who have witnessed any kind of violent or traumatic events including physical abuse, school and gang violence, accidents, homicides, suicides or natural disasters.

An afterword by Sasha J. Mudlaff is written for parents and other caregivers offering suggestions for helping traumatized children, including a list of other sources that focus on specific events.

Check your local library.



Information courtesy of Mental Health America and the Child Witness to Violence Project

Link Up: Support for Caregivers

If you're caring for a loved one with a chronic illness, disability or the frailties of old age it is likely that you have been putting your own needs on the back burner. Being "on call" 24 hours a day, 7 days a week can be stressful and overwhelming; and if you're caring for someone with mental health problems such as Alzheimer's Disease it can be especially difficult. Many caregivers experience mental health challenges such as depression themselves. It's important to find some respite to restore your own health and well-being. As a starting point Link Up with these resources:

THE GLENNER MEMORY CARE CENTERS offers a variety of family resources and free weekly support groups for caregivers. These groups are open to the community and adult day programs are provided at no charge during the meeting. Call **(619) 543-4700** or visit **www.glenner.org**.

SOUTHERN CAREGIVER RESOURCE CENTER provides support groups and one-on-one help to Hispanic caregivers of a loved one with Alzheimer's through its REACHing Out program. Visit **www.caregivercenter.org**.



National Family Caregivers Association: www.nfcares.org

Listen Up: Stories of Struggle, Perseverance and Hope

Struggling with hardships such as abuse, stigma and discrimination, homelessness, or traumatic memories can be difficult. But life can get better. Connecting with the right people, finding inner strength and tapping into local programs can make all the difference. Visit Up2SD.org to view personal story movies created by San Diegans to inspire, offer hope and challenge stereotypes.



“Several years ago my world was crushing down. Everything felt out of my control. This is when two friends introduced me to self-harm. My first reaction was ‘why would anyone do this?’ I soon realized it’s because it’s a way to have control over something and to hide my pain.

Encouraged by my friend, Christmas of 2007 was the last time I cut. Just as we had cut together, we went through recovery together. Telling each other to be strong and that we matter. I am so lucky that I have always had at least one person there for me, telling me: ‘You have more to live for.’

It might not seem like it now. But a couple of years from now you will look back and the problems won’t seem so unbearable. And if you are a friend, don’t be judgmental. Be there. And try to understand even if you don’t. Do research so you can understand what is going on with your friend. And even if they don’t want to talk to you, give them resources. Let them know you care. Let them know they have more to live for.”

For information about suicide prevention and local resources, visit: Up2SD.org.

– Kimberly

Test Your Mental Health IQ

QUESTION: Heart disease has a 45 to 50 percent treatment success rate. Which of the following do you believe to be true?

- A. The success rate for treating schizophrenia is 60%.
- B. The success rate for treating bipolar disorder is 80% to 90%.
- C. The success rate for treating panic disorder is 70% to 90%.
- D. The success rate for treating obsessive-compulsive disorder is 75%.
- E. The success rate for treating depression is 70% to 80%.

ANSWER: All of the above are true! Mental illnesses are treatable. With the right treatment and support many people can recover from mental illness and successfully cope and thrive in their communities. However, it is important to seek help and have support from family and friends.



Risk Factors

- ▶ Previous suicide attempt
- ▶ Mental illness and/or substance abuse
- ▶ Recent losses (e.g., job or loved one)
- ▶ Access to lethal means
- ▶ Barriers to care

Warning Signs

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:

- ▶ Someone threatening to hurt or kill themselves
- ▶ Someone looking for ways to kill themselves: seeking access to pills, weapons or other means

If you are concerned about someone because their behavior has changed and they are exhibiting any of the warning signs of suicide listed below, seek help by calling the Access & Crisis Line at (888) 724-7240.

- ▶ Withdrawing from family and friends
- ▶ Acting reckless, feeling hopeless, angry or anxious
- ▶ Increasing their use of alcohol or drugs

What to Do

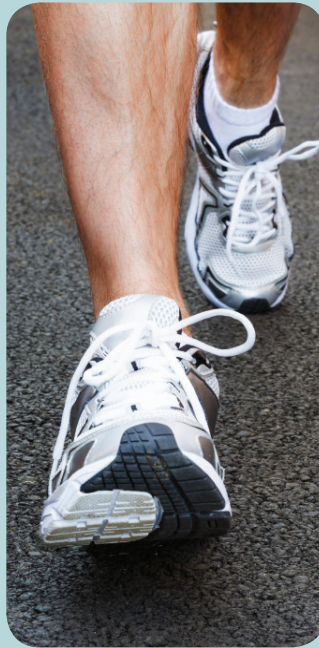
If someone you know exhibits warning signs of suicide:

- ▶ Do not leave the person alone
- ▶ Remove any firearms, drugs, alcohol or sharp objects that could be used in an attempt
- ▶ For life threatening emergencies or immediate response, call 9-1-1
- ▶ Contact the Access & Crisis Line at (888) 724-7240

Don't Miss These Events

It's Up to Us, all of us, to help make a difference in the lives of our friends, family and community members who are experiencing mental illness or a loss from suicide.

This fall, walk in memory of a loved one, raise awareness about mental illnesses and offer support to those who have lost someone to suicide.



SAVE A LIFE SAN DIEGO COMMUNITY WALK

When: Sunday, November 11

Registration: 6:30–8:00 am

Opening Ceremonies: 8:00 am

Where: Balboa Park at Sixth and Laurel

Fee: \$15.00 for participants 18 years and older. Includes Save a Life Walk T-shirt.

Website: <http://savealifewalk.kintera.org>

INTERNATIONAL SURVIVORS OF SUICIDE DAY

The San Diego Chapter of the American Foundation for Suicide Prevention (AFSP) is hosting a free event for survivors of suicide loss.

When: Saturday, November 17 from 9am to 1pm

Where: Admiral Baker Club in Mission Valley

Website: www.afsp.org/sandiego/survivorday

Need help immediately?
Access & Crisis Line
(888) 724-7240

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COMMUNITY RESOURCES

2-1-1

