



It's Up To Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.



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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: The Tipping Point—Are You Enjoying a Drink or Needing a Drink?

Whether it is to celebrate or simply forget our day at work, alcohol can help change the way we feel. But while a glass of wine after a hard day might help us relax, in the long run, too much alcohol can contribute to feelings of depression and anxiety and make stress harder to deal with. This is because regular, heavy drinking interferes with neurotransmitters in our brains that are needed for good mental health. Warning signs that alcohol is affecting our emotional health include disturbed sleep, feeling lethargic all the time, feeling blue and experiencing anxiety in situations where one would normally feel comfortable. If you are worried about your drinking, take a self-assessment and try these tips:

- Go for a run, swim or to a yoga class, or talk to a friend about what's worrying you instead of reaching for a beer or glass of wine after a hard day.
- Be aware of why you're drinking. Don't assume it will make a bad feeling go away; it's more likely to exaggerate it.
- Assign specific days of the week as "alcohol-free days." If you drink regularly, your body starts to build up a tolerance to alcohol and this can result in increasing the amount of alcohol you drink.

For more information, visit the National Council on Alcoholism and Drug Dependence (NCADD) website: www.ncadd.org.



The Dietary Guidelines for Americans, published by the U.S. Department of Health and Human Services, recommends not to exceed 1 drink per day for women or 2 drinks per day for men. One drink is considered to be 12 ounces of beer, 5 ounces of wine, or 1.5 ounces (a "shot") of liquor.

Self-Assessment

How much is too much? Take the **CAGE** Self-Assessment, developed by Dr. John Ewing.

1. Have you ever felt you should **C**ut down on your drinking?
2. Have people **A**nnoyed you by criticizing your drinking?
3. Have you ever felt bad or **G**uilty about your drinking?
4. Have you ever had a drink first thing in the morning (**E**ye-opener) to steady your nerves or to get rid of a hangover?

One "yes" answer suggests a possible alcohol problem. More than one "yes" answer means it is highly likely that a problem exists. If you think that you or someone you know might have an alcohol problem, it is important to see a doctor or other health provider right away.

You can also take a personalized self-assessment for risky drinking online at: www.alcoholscreening.org.

Did You Know?

The success rate for treating depression is 70–80%. With the right treatment and support, many people can recover from mental illness and successfully cope and thrive in their communities.

Source: National Institute of Health

Listen Up: Jamin's Story

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.



“Not too long ago I remember looking into the mirror and not recognizing a thing about the person that was looking back at me. A person with a label of a mental illness that seemed to come with limiting beliefs and low expectations. I felt lost, empty and confused. My family and I were told that I would never be able to recover and would have to always be highly medicated. But my family stood by me as I advocated for myself. I also found professionals and programs that believed in my strength and potential for recovery. With the help of a treatment center and a lot of hard work, I was able to completely recover and now I don't take any medications. I currently work and am also going to school. I regularly meet with others and share my motivations, dreams and interests to continuously strengthen my passions. Despite the odds, people can recover; people recover and stay well, it happens all the time.”

– Jamin

To view Jamin's personal story video or for mental health information, visit Up2SD.org.

Growing Up: Start the Talk about Underage Drinking

Talking about alcohol is among the first steps a parent can take in preventing his or her child from engaging in underage drinking. Here are a few resources to help parents broach the topic with their kids.

START THE TALK is a free, virtual resource similar to a video game that guides parents through the dos and don'ts of talking to their children about underage drinking. Using avatars, parents can practice bringing up the topic of alcohol and learn what questions to ask. Website: beta.samhsa.gov/underage-drinking/start-the-talk.

TOO SMART TO START is a public education campaign for teens, educators and parents sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) to provide facts and resources about underage drinking. Among other resources, the **READY, SET, LISTEN!** game is designed to help parents and young people talk to each other about drinking. Website: toosmartostart.samhsa.gov/Start.aspx

ABOVE THE INFLUENCE is a resource for teens that aims to help them stand up to negative influences including the pressure to use drugs or alcohol. Website: abovetheinfluence.com



Liven Up Your Health:

Expressing Gratitude Benefits Our Mental Health!

The next time someone holds the door open for you and you reply with a thank you, remember that you are doing more than just acknowledging a kind deed—you are helping yourself and the other person share a special moment that can positively impact your mental health. Studies have shown that individuals who express gratitude on a regular basis have more positive thoughts about themselves and others, feel more optimistic about their relationships, can cope better under stressful situations and are more likely to show future acts of kindness.



Here are ways you can practice expressing your gratitude:

- Send a thank-you note.
- Capture thoughts in a journal to remind yourself of the things you are grateful for each day.
- Take time to reflect on situations or outcomes that have helped you appreciate others.

Information courtesy of Harvard Mental Health Letter.



Shine a Light On... Seasonal Affective Disorder

For some people, the winter blues during the fall and winter seasons can include feeling overwhelmed due to the stress of the holidays or feeling sad over the memories of loved ones that have passed. But these feelings usually don't last very long and fade on their own. Seasonal Affective Disorder (SAD) is a more severe mood condition that occurs each year as the seasons change, usually between September and April. For people suffering from SAD, the lack of natural sunlight and the shift in sleep-wake cycles affects their overall functioning and well-being and can lead to symptoms of depression, fatigue and social withdrawal, among others. A variety of treatments are available to help people living with SAD to enjoy the seasons without having to wait for spring.

Information courtesy of newsinhealth.nih.gov

Link Up... Support Mental Health and Suicide Prevention Awareness

Connect with the "It's Up to Us" campaign for inspirational messages, educational facts, local resources, information on symptoms of mental illness, warning signs of suicide, updates on mental health and prevention efforts and more!

Continue the conversation here:



Facebook: www.facebook.com/up2sd



Pinterest: www.pinterest.com/up2sd



YouTube: www.youtube.com/user/up2sd

Prefer Paperless?

To view this campaign bulletin online, download a PDF or receive a quarterly eblast, visit us online:
Up2SD.org/connect/bulletins.

SUICIDE IS PREVENTABLE

GET UP & PARTICIPATE!

These signs may mean someone is at risk for suicide. Risk is greater if behavior is new or has increased and if it seems related to a painful event, loss or change.

Warning Signs

- ▶ Talking about wanting to die
- ▶ Looking for a way to kill oneself
- ▶ Talking about feeling hopeless or having no purpose
- ▶ Talking about feeling trapped or in unbearable pain
- ▶ Talking about being a burden to others
- ▶ Increasing the use of alcohol or drugs
- ▶ Acting anxious, agitated or reckless
- ▶ Sleeping too little or too much
- ▶ Withdrawing or feeling isolated
- ▶ Showing rage or talking about seeking revenge
- ▶ Displaying extreme mood swings

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
- ▶ For urgent and other concerns, contact the Access & Crisis Line at (888) 724-7240

Learn QPR to Prevent Suicide!

QPR, which stands for Question, Persuade and Refer, is an emergency intervention to help a person who is considering suicide. Anyone who is in a position to recognize the signs that someone may be considering suicide is encouraged to sign up for a QPR training. In a one-hour workshop, individuals learn to recognize warning signs, what questions to ask and how to offer hope and help. The workshop is designed for parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters and many others.

QPR trainings are offered at no cost in San Diego. To sign up or to schedule a group workshop, visit www.spcsandiego.org and click on "Trainings," or contact Community Health Improvement Partners (CHIP) at evaughan@sdchip.org; (858) 609-7971.



Need to Talk to Someone?

Unsure of where to go for help? Chat online or call a counselor today!

- Free confidential support
- Crisis intervention and suicide prevention
- Referrals for mental health and drug and alcohol needs



SAN DIEGO ACCESS & CRISIS LINE

- All languages
 - 7 days a week/24 hours a day
- (888) 724-7240

LIVE CHAT

- Chat with a counselor today!
- Available Mon–Fri 4pm–10pm

Visit: optumhealthsandiego.com or Up2SD.org

COMMUNITY RESOURCES
DIAL 2-1-1

