



It's Up To Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans



Edition Twenty

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* vision 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: Live Well San Diego Encourages Us to Be Our Best, Healthiest Selves

Live Well San Diego is the County of San Diego's vision to improve the health, safety and well-being of all of us living in America's finest city. As part of Live Well, San Diegans are encouraged to improve three behaviors that contribute to four chronic diseases that together account for more than half of deaths in San Diego. Modifying these behaviors—poor diet, physical inactivity and smoking—leads to decreased risk of cancer, heart disease and stroke, diabetes, and respiratory conditions. Changing our lifestyle does wonders for our mental health, too!

Felice Jacka, President of the International Society for Nutritional Psychiatry Research, says, "A very large body of evidence now exists that suggests diet is as important to mental health as it is to physical health. A healthy diet is protective and an unhealthy diet is a risk factor for depression and anxiety." Multiple studies have shown that exercise, in addition to helping with weight management and cardiovascular health, reduces stress and releases endorphins to help improve our moods. And last, but not least, the ingestion of nicotine causes a temporary sense of relaxation but overall can lead to increased anxiety and tension.

For more information on Live Well San Diego, visit www.livewellsd.org. For other tips to improve your mental health, visit Up2SD.org.



Did You Know?

More women are diagnosed with postpartum depression every year than are diagnosed with breast cancer? The good news is that postpartum depression is treatable. www.postpartumprogress.com

Growing Up: Three Tips for Better Sleep and Happier Kids

Is your child moody, emotional, irritable, defiant or hyperactive? Does your child have trouble concentrating or getting out of bed in the morning? If you observe one or more of these behaviors, the cause could be something as simple as the quality and quantity of sleep your child is getting on a nightly basis. Children between the ages of 7 and 11 need 10–11 hours of sleep every night.



TIPS FOR A BETTER NIGHT'S SLEEP:

1. Avoid stimulating activities including use of electronic devices at least one hour before bed. Exposure to blue light makes it more difficult to fall asleep.
2. Enforce consistent sleep and wake times. When the body gets into a pattern and knows what to expect, it will start to fall asleep and wake much easier.
3. Make sure your child has dinner 2–3 hours before bed, and no treats containing caffeine after the meal. This will reduce the chances of being kept awake by digestive issues or stimulants.

And it is just as important for parents to get enough sleep! You can test your alertness level—and other signs of sleep deprivation—with this amusing (and valid) experiment: www.bbc.co.uk/science/humanbody/sleep/sheep/

Information courtesy of www.parentingscience.com.

If you recognize a change in your child's behavior and it persists, visit Up2SD.org for additional information about your child's emotional health.

Liven Up Your Health: How Music Can Boost Your Mental Health

We've all experienced the power of a great song. But did you know that music has scientifically proven benefits to our health? Here are just a few things that the power of music can achieve:

- **Reduced stress and anxiety:** Listening to music can trigger measurable stress-reducing effects.
- **Decreased pain:** Pain and stress are often linked, and listening to music has shown to relieve pain and depression among people diagnosed with the painful condition of fibromyalgia.
- **Help with exercise:** The more you exercise, the more you get those feel-good endorphins. Music has been shown to help with increased motivation (so you actually get off the couch), increased endurance (so you can work out longer) and faster post-workout recovery (so you have less downtime and aren't as sore).
- **Improved sleep quality:** Having trouble getting enough sleep? Too little sleep can actually contribute to symptoms that mimic mental health problems. Why not try a little soothing music at bedtime to see if it can improve your sleep? In one study, students suffering from insomnia were able to sleep better after listening to classical music and their depressive symptoms decreased as well.



Shine a Light On...

Questions to Ask Yourself (and Your Therapist) to Find the Perfect Fit

Whether you are experiencing a mental health challenge yourself or seeking to help someone you care about, one of the first steps is reaching out and connecting with support. You might begin by consulting someone you already know and trust—a primary care physician or spiritual counselor perhaps. They can then assist in finding someone qualified to help you work through specific issues you are experiencing.

Remember, help is available and accessible. Call the Access & Crisis Line at (888) 724-7240, 7 days a week, 24 hours a day for additional support, including referrals to professionals who can begin the process. You might also check out additional resources at Up2SD.org.

While doing your research, here are some crucial questions to ask yourself as well as any prospective therapists you seek to interview:

Yourself:

1. What issues do I want to work on? What are my goals?
2. Do I want individual or group therapy?
3. What style of therapy is best for me right now?
4. How much time and money am I willing to commit to this?
5. What kind of insurance coverage do I have for therapy?

Therapist:

1. What kind of therapy do you practice and how will this particular therapy help me with my specific problems?
2. What experience do you have assisting people with my goals?
3. What do you consider a success?
4. What are your fee and cancellation policies?
5. What do you find most satisfying about working with clients?
6. What do you enjoy most about the relationship and process?



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 or download as a PDF, visit: Up2SD.org

SUICIDE IS PREVENTABLE

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

San Diegans Making a Difference: The Coronado Bridge Initiative

One of the most effective ways to prevent injuries is to place a barrier between the person and an object that may cause harm. Whether an air bag, a childproof medicine cap, or four-sided fencing around a swimming pool, restricting access is a proven technique that also can prevent self-harm. Making it more difficult to access a rooftop or to obtain a lethal dose of pills or a loaded gun can “buy time” for the person in crisis, allowing them to change their minds or for someone else to intervene. Studies have shown that adding barriers to bridges in Australia, New York, Washington, D.C., Maine and elsewhere reduced suicides—even though there were other bridges nearby. Suicidal people did not simply find another method; they were able to get help or have their crisis lessen. In San Diego, a group of people want to end suicides from the Coronado Bay Bridge and their first step is to conduct a feasibility study.

Learn more at www.coronadosandiegobridgecollaborative.org.



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

