



# It's Up to Us<sup>®</sup>

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans



Edition Twenty-Five

## 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<sup>®</sup>**  
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Access & Crisis Line  
**(888) 724-7240**

COMMUNITY RESOURCES  
**2-1-1**



## Read Up:

### When Was the Last Time You Checked Your Mood?

**Check Your Mood Day** is an annual event held in conjunction with National Depression Screening Day in October. The goal of Check Your Mood Day is to engage and encourage San Diegans to monitor and assess their emotional well-being just as they might check their blood pressure or be screened for heart disease or diabetes. Organizations across the county will be providing free mental health resources, information, and Check Your Mood screenings to the community to help raise awareness for mental health.

#### How to get involved:

- If you are a business, organization, employer, or school, register to be a Check Your Mood site on National Depression Screening Day in October.
- If you are a community member, visit the website for resources and a list of participating sites.
- Take the "Check Your Mood Self-Assessment" on the website.

Search online for "Check Your Mood San Diego"

or visit: <http://www.LiveWellSD.org/content/livewell/home/news-events/check-your-mood.html>.

*"By hosting these Check Your Mood booths on Check Your Mood Day, and throughout the year, we are hoping to make the dialogue around mental health more normalized. We don't want people to be ashamed or afraid of talking about mental health and seeking out resources."*

– Check Your Mood Day Participant



# Shine a Light On: 10 Facts About Depression

1. Depression is the type of mental illness that causes people to feel sad for long periods of time, generally more than two weeks. People who feel depressed often describe feeling sad, empty, or irritated.
2. Experiencing depression can cause people to withdraw from others in their lives such as their family, friends, or partners. Many people who have depression have a hard time in school or work. They miss assignments, can't concentrate on their work, or feel overwhelmed by activities. This can lead to missing school or work.
3. If you've lost a loved one or are grieving a change in your life, you can feel sad, but it might not be depression unless it doesn't get better after a long period of time (more than two months).
4. No one knows exactly what causes depression, but it can occur for a variety of reasons. Susceptibility can be passed on in families through genes, but this does not mean that a person who has a family member with depression will have the same experience. The cause is complex and likely a combination of biological, psychological, and environmental factors. What we do know is that it is not a character flaw or caused by personal weakness.
5. No matter what the cause, mental illness is not something one can just "snap out of." There are many treatments for depression, including but not limited to medications and therapy. Good nutrition, regular exercise, adequate sleep, supportive friends, and meaningful paid or volunteer activities contribute to overall health and wellness as well.
6. Depression is not reserved for adults. In fact, one-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
7. Although depression is treatable, many people wait years before they get help; often delaying as many as six to eight years after the first symptoms occur. As is the case with any illness, it is essential to not delay getting help. There are many local resources that can help!
8. Men get depressed too, but when experiencing symptoms of depression, including feeling tired, irritable, angry, discouraged, or disinterested, a man will usually do one

of these things before he gets help: (1) Deny to himself and everyone else that he has a problem; (2) Turn to drugs or alcohol; (3) Throw himself into work; and/or (4) Act out with hostility or aggression, or by doing something self-destructive.

**ManTherapy.org:** An information-rich website with a humorous approach to men's mental health. Men can take the *20 Point Head Inspection* to get a rundown of how they excel and where they can improve their mental health.

**Up2SD.org/Men:** For information and local resources specifically for men.

9. Depression in older adults may look different from what we expect. Older adults are more likely to appear irritable than sad, and to complain about physical ailments that their doctor can't find a reason for. They may see themselves as a burden, no longer useful, and be reluctant to ask a loved one for help; therefore, it is important to recognize signs of depression, reach out to make a connection, and offer support.
10. The most important fact to remember is that depression is treatable, recovery is possible, and help is available. Learn about symptoms, treatment options, and local resources at **Up2SD.org**.

Information courtesy of Mental Health America and the National Alliance on Mental Illness.



# Get Up and Participate

## Get Trained:

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. Classes are FREE and available in both English and Spanish. The trainings are offered by Mental Health America. To find a training, visit: [www.MHASD.org/First-Aid-Programs](http://www.MHASD.org/First-Aid-Programs).

## Volunteer:

There are many opportunities to help local organizations that are promoting mental health or supporting San Diegans who are experiencing a mental illness. Find opportunities here: <http://Up2SD.org/Help-Others/Volunteer/>.

## Speak Up:

If you suspect that a friend or family member is struggling with depression, anxiety, or another mental health challenge, the best thing you can do is Speak Up and encourage them to get help.

## Get Involved:

There are many different events throughout the year where you can show your support. These include the National Alliance on Mental Illness San Diego 5K (usually in April), Check Your Mood Day (usually in October), Out of the Darkness Community Walk (usually in October), and Walk in Remembrance with Hope for Suicide Prevention (usually in November).

## Live Your Life Well:

Review these wellness tips and tools from Mental America at <http://www.MentalHealthAmerica.net/Live-Your-Life-Well>.

To find more ways to get up and participate, visit [Up2SD.org](http://Up2SD.org).



## 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](http://www.facebook.com/up2sd)

 **YouTube:** [www.youtube.com/user/up2sd](http://www.youtube.com/user/up2sd)

**Prefer Paperless?** To view this campaign bulletin online or download as a PDF, visit: [Up2SD.org/Bulletins](http://Up2SD.org/Bulletins).

## SUICIDE IS PREVENTABLE

These signs may mean someone is at risk for suicide. Risk is greater if the 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

# Link Up with Local Organizations and Resources

In addition to the San Diego Access & Crisis Line and 2-1-1, there are a variety of excellent local organizations that support San Diego County community members and their families. A comprehensive list can be found at [Up2SD.org](https://Up2SD.org).

**The National Alliance on Mental Illness in San Diego (NAMI San Diego)** offers support groups, educational meetings, newsletters, a lending library, and many classes on mental illness held at various locations throughout San Diego County. Visit: <https://NAMISanDiego.org>.

- **NAMI San Diego Helpline:** Provides confidential and non-crisis phone support, referrals, and information about mental illness, resources, and related issues. Call (619) 543-1434, 10 a.m.–5 p.m. Monday through Friday.

#### **Union of Pan Asian Communities (UPAC) in San Diego:**

The Union of Pan Asian Communities (UPAC) is a nationally recognized non-profit organization offering multicultural, multilingual, and comprehensive physical and mental health services to Asian, Pacific Islander, and other ethnic communities.

- Mid-City Location: (619) 229-2999
- Serra Mesa Location: (858) 268-4933
- Child and Adolescent Mental Health: (619) 232-6454



## 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 4–10 p.m.
- Visit: [OptumHealthSanDiego.com](https://OptumHealthSanDiego.com) or [Up2SD.org](https://Up2SD.org)

**COMMUNITY RESOURCES DIAL 2-1-1**

