

MENTAL HEALTH



TURN AWARENESS INTO ACTION



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MENTAL HEALTH RESOURCES



www.samhsa.gov/find-help/988



www.veteranscrisisline.net



www.nimh.nih.gov



www.cdc.gov/mentalhealth



www.nami.org/mhstats



www.mhanational.org



www.caregiver.org

Dear Community Members,

The Substance Abuse and Mental Health Services Administration (SAMHSA), is reframing language in Mental Health. The terms we use to describe mental illness matter. Gone are the labels, derogatory terms, and outdated phrases. Now we are using person-first terminology that promote recovery.

At Boulder City Hospital, we're dedicated to building a healthy community. We can begin with self-care. Self-care can help you increase your energy, manage stress, lower your risk of illness, and support a healthier recovery time. Self-care is not a cure for mental illness.

Understanding what triggers mild symptoms and the coping mechanisms that help manage mental health is a good starting point. We are all faced with countless scenarios that can have a direct effect on our mental health and well-being, from financial and career-related concerns to family, school, social influences, age, and more.

We have programs and services that can help. We're here for you; when you need us.

STATS

- **1 in 5** U.S. adults experience mental illness each year
- **1 in 20** U.S. adults experience serious mental illness each year
- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the **2nd leading** cause of death among people aged 10-14

<https://www.nami.org/mhstats>

Why changing our thinking, our actions, and our language matters

- **Prejudice and Discrimination:** Prejudice refers to thinking, discrimination refers to action - both can be changed. *Outdated: "stigma."*
- **Acceptance:** Being aware doesn't call for action, change in behavior or thinking. *Outdated: "awareness."*
- **Experiencing or Living with a Mental Illness:** People who experience mental health conditions can and do live healthy, fulfilling lives. Suffering implies one is unwell, unhappy or can't recover. *Outdated: "suffering from a mental illness."*
- **Experiences/has been treated for Emotional, Mental and/or Behavioral Health Challenges:** Being diagnosed, experiencing symptoms of or having been treated for a mental illness is a common part of the human experience. The term disturbed perpetuates prejudice and creates a barrier to treatment. *Outdated: "emotionally disturbed."*
- **Person Experiencing/Living with or Diagnosed with a Mental Illness:** Certain language exaggerates mental illness and reinforces prejudice. Always use person-first language. *Outdated: mentally ill person; referring to someone with a diagnosis as schizophrenic, autistic, bipolar, OCD, etc.*
- **Person who Experiences Substance Use Challenges:** Avoid words that suggest a lack of quality of life for people with substance use concerns. Terms like addict reduce a person's identity, deny dignity/humanity and imply powerlessness or the inability to recover. *Outdated: Drug Abuser; Alcoholic; Addict. Substance Abuse.*

IF YOU OR A LOVED ONE IS IN CRISIS CALL, TEXT OR CHAT

988 SUICIDE & CRISIS
LIFELINE

**Boulder City Hospital • 901 Adams Boulevard • Boulder City, Nevada 89005
(702) 293-4111 • BCHcares.org**

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