



Making Mental Health a Priority

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**ONE NATION.
ONE TEAM.**

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MENTAL HEALTH
MAKING MENTAL HEALTH A
PRIORITY

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LET'S TALK ABOUT...

1. Understanding Mental Health
2. Understanding Mental Toughness
3. Putting it All Together





WHAT IS MENTAL HEALTH?



Why Learn About Mental Health?

We are seeing more and more public conversations about mental health so it is important for us to understand the basics about mental health.

Everyone experiences difficulties in life.

On average, people wait **11 years** to seek help with their mental health concerns.

Individually and collectively, we can make a difference.

– Mental Health America, 2022



What is Mental Health?

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” - [World Health Organization](#)

“...a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.”

[-American Psychological Association](#)



What is Mental Health?

The ability to move through life, experience a variety of emotions, and manage struggles and difficult times.

People who have well-functioning mental health can uphold their life responsibilities, work through ups and downs, and recognize different emotional states.

When do we know it's time to see a counselor?



What is Clinical Mental Health?

Counselors can help with problems and with different developmental life stages.

The assessment, diagnosis, and treatment of DSM-diagnosed mental health disorders.

Treatment performed by a licensed mental health professional.

Counselor (LCPC, LPC, LMHC)

Psychologist

Social Worker (LCSW)

Marriage and Family Therapist (LMFT)



Crunching the Numbers

Over 50%

of people will be diagnosed with a mental health disorder in their lifetime

-CDC, 2021

1 in 5 Adults

will experience a mental illness in a given year

-CDC, 2021

1 in 5 Children

will have or have had a mental illness in their lifetime

-CDC, 2021

Suicide in 2020

nearly 46K suicides
12.2M contemplated
3.2M planned
1.2M attempted

-CDC, 2022

988
July 16,
2022

You
Are
Not
Alone

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



SAMHSA, 2022



What can we do?

- Understand that emotions are not good or bad, they just give us clues about how we perceive situations
- Start having conversations about mental health and wellness.
- Reduce stigma related to mental health topics.



WHAT IS MENTAL TOUGHNESS?

Mental Toughness

Having the natural or developed psychological edge that enables you to, generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer and, specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure.

- (Jones et al., 2002)





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What is Mental Toughness?

Mental health issues are minimized due to a culture of mental toughness & expectations of strength.

We spend thousands of hours training our bodies, let's dedicate time to training our minds.



PUTTING IT ALL TOGETHER

“

Life can be challenging, but every day shouldn't feel hard or out of your control.

”



– Mental Health America, 2022

Making Mental Health a Priority

- Let's work together to decrease stigma related to discussing mental health.
- Take time to talk about how emotions impact us on and off of the field.
- Normalize talking about difficult emotions
- Explain that mental toughness includes acknowledging our good times and hard times.
- Dedicate time to training your brain.
- Demystify mental health





THANK YOU



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