

SPREADING HOPE
FOUNDATION



CELEBRATING MAY: MENTAL HEALTH AWARENESS MONTH



40 Million

adults aged 18+ in the U.S. are said to have anxiety, the most common mental health illness.



1/4 people

in the world will be affected by mental or neurological disorders at some point in their lives.



\$1 Trillion

of the global economy loses productivity due to depression and anxiety.

Why Mental Health Awareness is Important



#1. Promotes Early Intervention

Raising awareness can lead to earlier detection and intervention, which can significantly improve outcomes for people with mental health issues.



#2. Improve Quality of Life

By promoting mental health and supporting proper treatment, individuals can achieve better overall health, improved relationships, and greater life satisfaction.



#3. Healthcare and Productivity

Addressing mental health issues through awareness and proper care can reduce healthcare costs, increase productivity at work, and decrease disability claims and job turnovers.



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For more information how you can help break the stigma, visit us at: www.spreadinghopefoundation.org/mental-health



#MentalHealthMatters

Mental Health Tips This Month Download

Michal Rosen-Zvi



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DOWNLOAD for Parents John Sternfels, LPC, 2025-02-05 **DOWNLOAD for Parents** welcome to the digital age of parenting where the landscape of adolescent development has undergone a profound transformation In **DOWNLOAD I** embark on a journey that addresses the pivotal aspects of our children s lives sexual development social media and the delicate area of children keeping secrets **DOWNLOAD** is not just a book it s a guide a conversation starter and a roadmap for navigating the complexities of raising children in a world dominated by screens and social networks **DOWNLOAD** provides an essential understanding of human sexual development Often parents struggle with discussing puberty sexuality and the relationships their children will be exposed to in the digital age **DOWNLOAD** provides essential insights into age appropriate discussions fostering a safe space for your child s curiosity and promoting healthy attitudes toward their changing bodies Regarding social media we live in a world where the landscape changes **DOWNLOAD** delves into the impact of digital platforms on our children s lives From online friendships to cyberbullying I explore strategies to help guide parents in helping their children develop responsible digital citizenship maintaining healthy boundaries and fostering positive online interactions Adolescence is when our children may grapple with secrets both their own and those entrusted to them **DOWNLOAD** addresses the delicate balance of privacy and transparency providing insights into recognizing red flags fostering trust and navigating conversations around sensitive topics Regardless of age our children face a myriad of challenges unique to this era it becomes crucial for us as parents to equip ourselves with the knowledge and tools needed to foster healthy open and honest communication Because we live in a world that constantly bombards our children with information it s crucial to be proactive and engaged **DOWNLOAD** empowers parents with practical advice real life scenarios and open ended discussions to encourage a robust and communicative relationship with their adolescents *Mental Health Literacy and Young People* Paul Crawford, 2022-06-27 Drawing on the hugely successful campaign with Aardman Animations called What s Up With Everyone Paul Crawford provides an accessible lively and creative entry point to mental health literacy and young people at a time of unprecedented challenges *The ^AOxford Handbook of Digital Technologies and Mental Health* Marc N. Potenza, Kyle Faust, David Faust, 2020-10-01 This book provides a comprehensive and authoritative description of the relationships between mental health and digital technology use including how such technologies may be harnessed to improve mental health *Becoming a CBT Therapist* Jason Roscoe, 2025-03-11 Whilst there are many texts that introduce trainees to the overarching theory formulations and interventions used in Cognitive Behavioural Therapy CBT few describe the lived experience of being a CBT therapist and of making it through training *Becoming a CBT Therapist* takes prospective trainees on a journey from applying for a place on a training course through to navigating the challenges of CBT training and developing in their career once qualified Featuring contributions from experienced CBT tutors supervisors and practicing therapists this book is the first to detail the practical emotional and psychological challenges of embarking upon

and sustaining a career in this field From adjustment to learning new skills to the role transition from their existing role and identity through to the practicalities of how to demonstrate competence during their training the book covers an array of topics which are a must read for aspiring CBT therapists The chapters offer practical advice for developing a range of key skills such as how to succeed at interviews maintain a work study life balance and deal with imposter syndrome Packed full of vignettes and reflective exercises this book is a must read for those looking to apply for CBT training currently undertaking training or involved in supporting trainees through the various challenges they will encounter

Directory of Internet Sources for Health Professionals Attrices Dean Griffin,1999 This directory is a compendium of specialized annotated data sites web resources and other on line sites categorized according to major medical and health disciplines Each entry cites the URL sponsor purpose followed by an annotation of timesaving and relevant site and referral information This book is organized into two sections Section I Directory Primer and Section II Directory Entries The first section serves as an introduction and overview of the reference contents including descriptions of on line and electronic data sources and search and retrieval tips Section II lists the URLs and supplemental resources for a vast number of allied health on line resources

[Vertical File Index](#) ,2005

Promoting Safe and Effective Transitions to College for Youth with Mental Health Conditions Adele Martel,Jennifer Derenne,Patricia K. Leebens,2018-05-23 This concise and practical book provides an overview of how to safely and effectively transition adolescents with mental health conditions into a college environment Therapeutic strategies to assess and promote readiness for transition to college are discussed in case based chapters which include case history analysis of transition clinical pearls literature review and helpful resources for clinicians patients and families Filling a significant gap in the literature Promoting Safe and Effective Transitions to College for Youth with Mental Health Conditions A Case Based Guide to Best Practices delivers essential information for psychiatrists psychologists and other mental health professionals who work with children adolescents and their families before during and after the transition to college

Digital Therapies in Psychosocial Rehabilitation and Mental Health Marques, António,Queirós, Ricardo,2021-12-10 Digital health is the convergence of digital technologies with health to enhance the efficiency of healthcare delivery and make healthcare more personalized and precise These technologies generally focus on the development of interconnected health systems to improve the use of computational technologies smart devices computational analysis techniques and communication media to help healthcare professionals and their patients manage illnesses and health risks as well as promote health and well being Digital tools play a central role in the most promising future healthcare innovations and create tremendous opportunities for a more integrated and value based system along with a stronger focus on patient outcomes and as such having access to the latest research findings and progressions is of paramount importance Digital Therapies in Psychosocial Rehabilitation and Mental Health introduces the latest digital innovations in the mental health field and points out new ways it can be used in patient care while also delving into some of

the limits of its application It presents a comprehensive state of the art approach to digital mental health technologies and practices within the broad confines of psychosocial and mental health practices and also provides a canvas to discuss emerging digital mental health solutions propelled by the ubiquitous availability of personalized devices and affordable wearable sensors and innovative technologies such as virtual and augmented reality mobile apps robots and intelligent platforms It is ideal for medical professors and students researchers practitioners of healthcare companies managers and other professionals where digital health technologies can be used

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