

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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**#MentalHealthMatters**

# Mental Health Tips This Month Download

**G Orfield**



## **Mental Health Tips This Month Download:**

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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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