WORLD MENTAL HEALTH DAY: MENTAL HEALTH LITERACY AND CONNECTION

Mental health literacy is being knowledgeable about what actions can be taken for prevention, early intervention, and treatment of mental disorders. When it comes to early intervention and treatment, ask questions, make sure you understand the answer and do your research. This will allow you to make well-informed decisions and be proactive in your own mental health care.

This World Mental Health Day, let’s focus on prevention by examining our social connections that can aid/support our mental health.

Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. It is human nature to want to connect with others and there are many benefits of seeking good ones.

1. Improve Your Quality of Life
   - Have higher self-esteem
   - Increases empathy to others
   - Become more trusting and cooperative and in turn others become more trusting of you

2. Boost Your Mental Health
   - Increases sense of belonging, purpose, confidence, self-worth, levels of happiness and reduced stress levels
   - Lower rates of anxiety and depression

3. Help You Live Longer
   - Not only good for your mental health, but also your physical health by improving your immune system
   - Releases oxytocin which can lower cortisol, reduce pain and help manage stress

4. Decrease Your Risk of Suicide
   - Relationships can play a crucial role in protecting a person against suicidal thoughts and behaviors
   - Lower levels of social isolation and loneliness