

MENTAL HEALTH TREATMENT WORKS

Concerned that you or a loved one may be experiencing mental illness? You are not alone. Get professional help.

Mental health is an important part of overall health and well-being, yet mental illness affects millions of people and their families nationwide. Know that treatment for mental illness is effective—and help is a phone call away.



Mental Illness Is Common, But Too Often Not Treated

Before the COVID-19 pandemic, about one in five adults had a mental illness. Without a doubt, the pandemic has affected the state of mental health in our country and made mental illness even more common. It is rare that a family is not touched by a mental health condition, one that can interfere with your or a loved one's ability to work, sleep, eat, and enjoy life.

Mental health disorders include anxiety, depression, seasonal effectiveness disorder, or more serious illnesses as bipolar disorder, major depression, schizophrenia, post-traumatic stress disorder (PTSD), and more. Unfortunately, most people with mental illness do not receive mental health services that they need.

People with mental illness can have symptoms that include a range of feelings, emotions, or experiences,

including:

- Shifts in mood
- Sadness
- Anxiety
- Irritability
- Low energy
- Delusions
- Hallucinations
- Sleep problems

Mental illness is not always easy to detect. Someone does not need to have all these symptoms, perhaps just one or two.

Treating a mental illness is not something to attempt on your own. Like many health conditions, help for mental illness takes professional diagnosis and treatment.

Treatment Works, Treatment Is Available

The good news: Research shows treatment for mental illness works. With appropriate treatment, people can manage their illness, overcome challenges, and lead productive lives.

Treatment for mental illness is effective. Mental health services also are covered by most health plans—by law. And like physical health conditions, it's clear the earlier you get treatment for mental illness, the better—and the better you or your loved one will feel and do.

Need Help?

If you or a loved one is experiencing symptoms of mental illness, get treatment or help them get treatment. Call SAMHSA's National Helpline at 1-800-662-HELP (4357) for 24-hour, free and confidential treatment referral.

Source: <https://www.samhsa.gov/mental-health-treatment-works>

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Health & Human Science News

CALENDAR OF EVENTS

September 2021

- 6 Labor Day, county offices closed
- 13 Extension Homemakers Executive Council Meeting, 2:00 PM
- 13 Extension Homemakers President's Council Meeting, 3:00 PM
- 21-25 Bluffton Street Fair

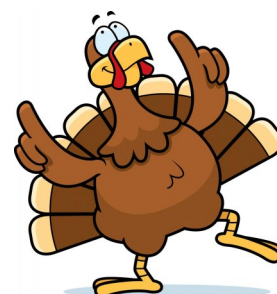


October 2021

- 7 Volunteer Community Support Work Day, 9 AM–2 PM
- 11 Columbus Day, County Offices Closed

November 2021

- 8 Extension Homemakers Executive Council Meeting, 2:00 PM
- 8 Extension Homemakers President's Council Meeting, 3:00 PM
- 10 ServSafe Program, Day 1
- 11 Extension Homemaker's Holiday Happenings
- 11 Veteran's Day, County Offices Closed
- 17 ServSafe Program, Day 2 and Exam
- 25-26 Thanksgiving, County Offices Closed



VOLUNTEERS NEEDED!

The 4-H Pancake and Sausage Booth during the Bluffton Street Fair, September 21-25, is in need of volunteers. Help is welcome during any shift but especially during the Thursday, Friday and Saturday day shifts. To volunteer, call the Extension Office at 824-6412, or go to bit.ly/4HPancake2021. Thank you!

CADA Awards Luncheon

October 28, 2021

11:30 AM—1:00 PM

Loving Shepherd Ministries Event Center
1935 N Main Street, Bluffton
(behind Walgreens)

Please join Citizens Against Drug Abuse (CADA) as we recognize individuals and organizations who stand out in the fight against addiction in Wells County in the following three categories:

CADA Professional Leader

CADA Volunteer Leader

Friend of CADA

**2 winners will be awarded in each category due to no event being held in in 2020.*



The luncheon has
been generously
donated by
Brickhouse Family
Ministries and
members of CADA

If you would like to attend this free luncheon, please call the Wells County Office of Purdue Extension at 824-6412 by October 22nd to RSVP.



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Everyday Routine

Have a consistent bedtime routine (i.e. change into pajamas, brush teeth, wash face)
Go to bed and get up at same time every day
Plan wind-down time 30 minutes before bed
Have a notebook by bed to write down thoughts



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Electronics

Minimize use of cell phones/tablets in bedroom
Avoid using devices an hour or more before bed
Avoid checking email before bedtime
Avoid social media before bedtime



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Environment

Bedroom temperature comfortable - 60 to 67
Lighting - Dark blinds, natural light
Comfortable mattress, pillow, etc.
Noise - invest in noise block



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Eating Healthy

Eat a well-balanced diet
Limit food and drink
Limit caffeine amounts before bedtime
Limit alcohol before bedtime



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Exercise

Get regular physical activity most days
Get 30 minutes of moderate to vigorous activity 5 times a week
Avoid vigorous exercise 4 hours before bed

Adapted from:
National Sleep Foundation, www.thensf.org



Thank you to the Wells County Extension Homemakers and community volunteers for generously donating their time to serve as Expo Hall Hostesses during the 4-H Fair.

EXTENSION HOMEMAKER COMMUNITY
SUPPORT WORKDAY

Thursday, October 7
9:00 AM—2:00 PM

**Wells Co. Community Center, 4-H
Park, Bluffton**

Come help us make lap blankets for nursing homes. You might want to carry along your favorite scissors. Invite a friend or neighbor and join the fun and fellowship.

Bring your favorite filled dish to share at lunch time.

Drink and table service will be provided.



SAVE THE DATE!

Extension Homemakers
Holiday Happenings
November 11, 2021

Come make a Thanksgiving centerpiece and learn how to make a bow!

More details coming soon!



Purdue Cooperative Extension Service will be offering a Retail Food Certification training and exam on November 10th & 17th at 9:00 AM. This is for food handlers who need to obtain a Retail Food Certificate.

A photo ID with signature is required to take the exam. The cost of the training with exam and book is \$165.00. The cost of the exam with the book is \$115.00. The cost to take the exam only is \$65.00. Pre-registration is

required by November 3rd in order to receive a textbook and avoid a \$20.00 late fee. To register go to <https://www.purdue.edu/servsafe>.

For more information call Molly Hoag, Wells County Extension Educator, mhoag@purdue.edu or call The Education Store at 765-494-6794. The class will be at the Wells County Community Center, Bluffton, IN.



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CANCELED FOR 2021

The health fair committee has decided to cancel the 2021 Wells County Health fair slated for this fall. The decision was made for the safety and well being of the attendees and volunteers.

We look forward to serving you in 2022. In the meantime, we encourage you to continue seeking medical guidance with your health care provider.
Stay well and thank you for understanding!

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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