

# Welcome to Safety Provisions!



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Welcome to Safety Provisions, part of the Hard Hat Training Series. Today, we will be discussing Mental Health Awareness. This is a topic that is misunderstood and surrounded by stigmas. Today's training will give you the knowledge and tools that will help you recognize and understand this silent epidemic and empower you to take action against it.



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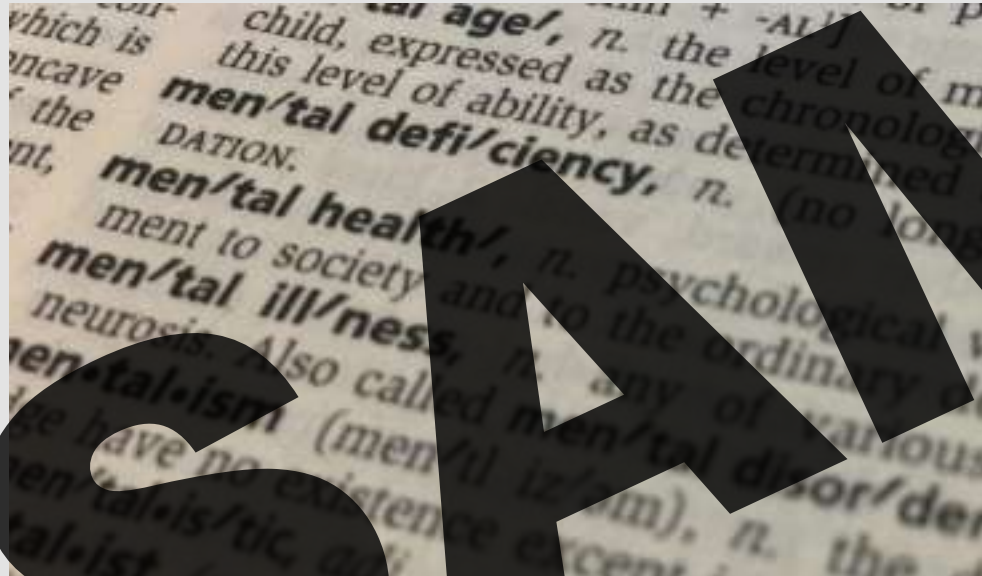


MENTAL HEALTH  
AWARENESS TRAINING



# What is Mental Illness?

“Mental illness” is commonly used as a blanket phrase when referring to all mental disorders. These disorders involve changes in emotion, thinking, or behavior (or a combination of these). Mental illnesses usually lead to distress and difficulties functioning in social, work, or family settings.



Mental illnesses are health conditions and, therefore, are treatable. In fact, the vast majority of those suffering with mental disorders hold down jobs, take care of their loved ones, and offer valuable contributions to their community and society as a whole.



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# What is Mental Wellness?

More than just the absence of mental illness, mental wellness revolves around a person's capacity to manage their thoughts, feelings, and behavior. It is the foundation for your emotions, thinking, communication, learning, resilience, and self-esteem. It is also the key to healthy relationships.





When you are mentally healthy, you have a sense of psychological well-being that helps you realize your own abilities. It allows you to cope with every-day stress; work productively; and contribute to your community.



# Who Suffers from Mental Disorders?

A common myth in today's society is that mental disorders are rare and "won't happen to me." Don't fall into this trap. The truth is, mental health disorders are widespread. While the exact numbers may vary from source to source due to lack of reporting, it is estimated that about 44 million Americans suffer from mental disorders — that's one in five adults.



## Impact

Depression and bipolar disorder are the third-most common cause of hospitalization in the U.S. for both youth and adults. The cost for treatment, social services and disability pay, lost productivity, and premature mortality is more than \$15 billion a year.

In the United States alone...

1.1%

2.4 million adults  
live with schizophrenia

2.6%

6.1 million adults live  
with bipolar disorder

6.9%

16 million adults live  
with major depression

18.1%

42 million adults live  
with anxiety disorders



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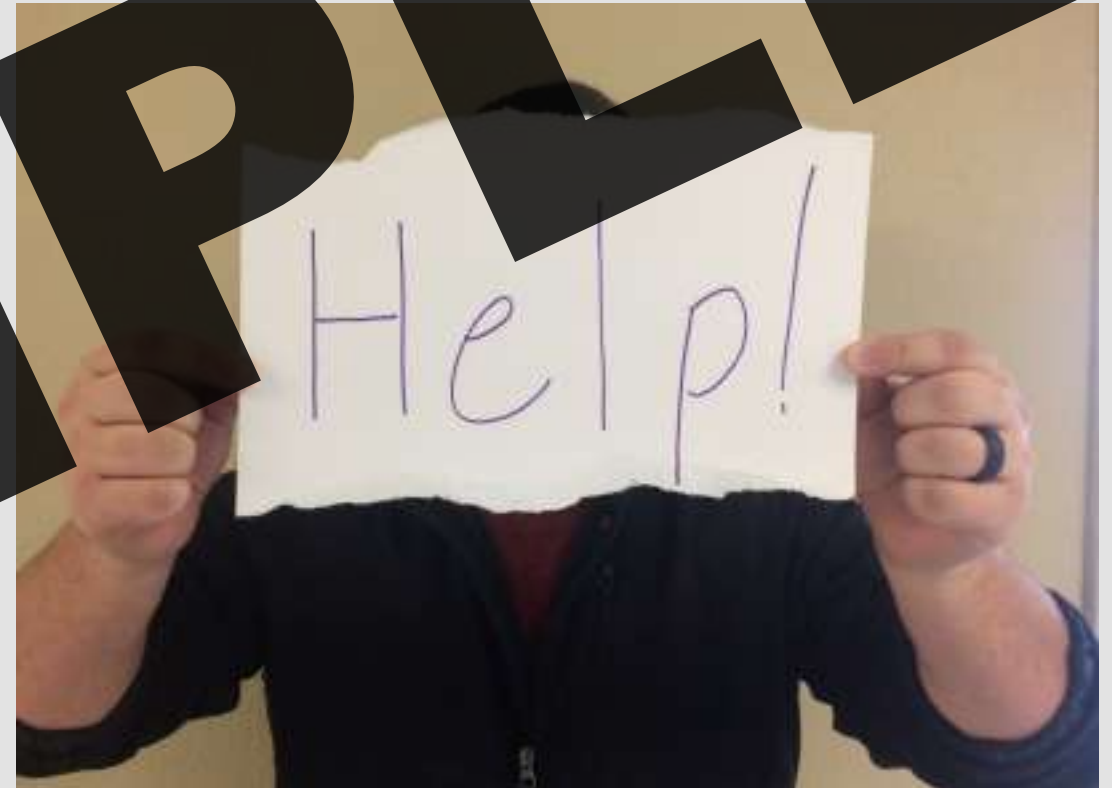


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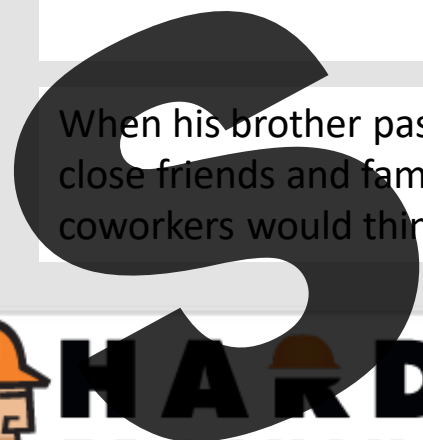


These statistics are alarming. However, they serve as a reminder that mental health affects all aspects of life — not only for those suffering from mental health issues, but for their families, coworkers, and community.



Take, for example, the young man we'll call Steven. Steven struggled with depression for much of his life. While he was funny, kind, and empathetic, he didn't see himself that way. He couldn't control the negative thoughts he had about himself. He doubted his ability to be a good father, son, and friend. He battled these feelings of inadequacy constantly.





When his brother passed away, the trauma of his loss only compounded Steven's depression. While he reached out occasionally to close friends and family members for support, Steven didn't seek medical assistance. He was worried about what his friends and coworkers would think of him if they knew he had depression. He suffered largely in silence.

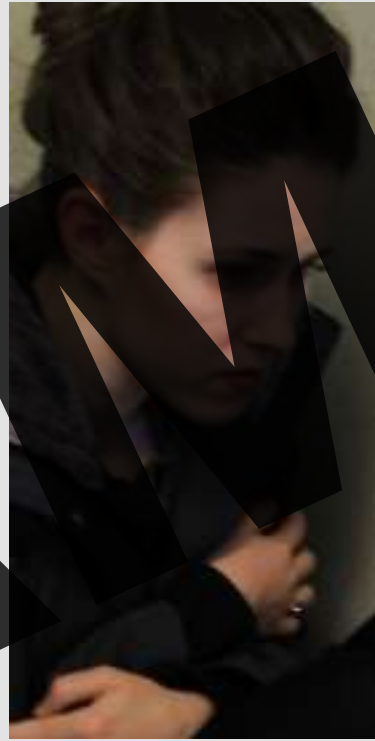
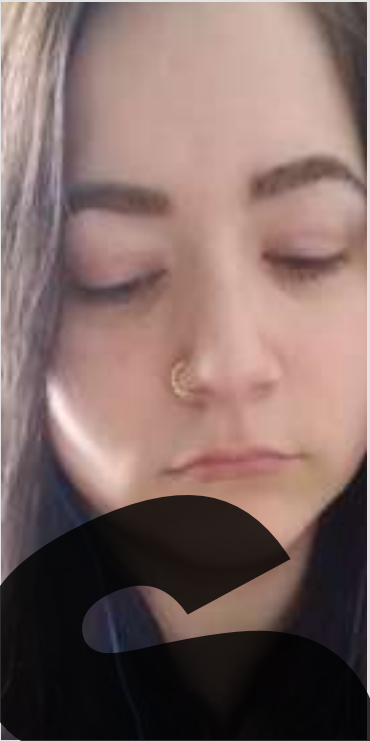




Unable to recognize how important he was to the people in his life, Steven killed himself. His eight-year-old son, his mother, friends, and coworkers were all left to wonder what more they could have done for Steven. Some didn't even realize he had a serious mental disorder and wondered what signs they had missed. The most-repeated phrase at Steven's funeral was, "If I had known, I would have helped."



Unfortunately, Steven's story isn't a unique one. It plays out everyday across the nation and around the globe. Think about the people in your life. Do you know a Steven? Do you know someone who is struggling but is afraid to ask for help? Are you missing the signs of a mental disorder?



Suicide is the  
10th  
leading cause  
of death  
in the US

For every  
suicide,  
there are  
25  
attempts

Every year  
44,965  
people die  
by suicide

Men die  
of suicide  
3.5 times  
more often  
than women



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In today's training, we will discuss the risk factors for mental disorders, as well as the signs and symptoms for the most common anxiety, mood, and psychological disorders. We will also discuss personality disorders, as well as PTSD and OCD.



We will strive to dispel the myths and misconceptions that surround mental illness, review ways to maintain mental health, and discuss how to recognize and prevent suicidal behavior. Remember, mental illnesses are treatable. We will educate you on some of the common treatments and coping mechanisms — both good and bad. Please note, this training is not meant as a diagnostic tool. Rather it is meant to offer knowledge and clarity.



# Stressors & Risk Factors

SAMPLE



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