

National Prevention Week is an annual health observance supported by SAMHSA that celebrates the work that community organizations and individuals do year-round to prevent substance abuse and promote mental, emotional, and behavioral well-being.

Saturday, May 21st

Promotion of Mental Health

What Are Anxiety Disorders?

Anxiety disorders are a group of mental illnesses that cause people to feel excessively frightened, distressed, or uneasy during situations in which most other people would not experience these same feelings. When they are not treated, anxiety disorders can be severely impairing and can negatively affect a person's personal relationships or ability to work or study. In the most severe cases, anxiety disorders can make even regular and daily activities such as shopping, cooking or going outside incredibly difficult. Anxiety disorders can further cause low self-esteem, lead to substance abuse, and isolation from one's friends and family.



Anxiety disorders are the most common mental illnesses in America: they affect around 20 percent of the population at any given time. Fortunately, there are many good treatments for anxiety disorders. Unfortunately, some people do not seek treatment for their illness because they do not realize how severe their symptoms are or are too ashamed to seek help. Furthermore, these disorders are often difficult to recognize for friends, family and even some doctors.

http://www2.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/By_Illness/Anxiety_Disorders.htm

MENTAL HEALTH PREVENTION AND SUPPORT STRATEGIES



- ◆ Educate yourself about the diagnosis, symptoms and any side-effects of prescribed medications.
- ◆ Realize that people can be fearful about receiving and following up with treatment after a diagnosis.
- ◆ Encourage, listen and recognize that mental illness needs knowledge, support and attention for everyone involved to aid recovery.
- ◆ Opening a dialogue up to reduce anxiety and fear can benefit everyone involved.
- ◆ Respect the privacy of individuals while offering discussions, support and encouragement.

New Jersey's Governor's Council on Mental Health Stigma suggests starting dialogues with family and friends for as people become more enlightened with education and information, their fears subside and stigmas are reduced. The many resources for increasing awareness and providing pertinent information for individuals and their families with mental health and substance abuse issues are available from a variety of Sussex County agencies. SAMHSA also has a network entitled Mental Health America where anyone anywhere can access resources to bring health and healing to everyone in a community.

www.mentalhealthamerica.net/go/information/get-info



The Center for Prevention and Counseling is a non-profit agency located in Newton, NJ serving Sussex County and surrounding areas. Our mission is to promote hope, health and recovery among all people by fostering a community in which individuals and families thrive. We have a variety of prevention and counseling programs that focus in many areas. For more information, please contact us by phone (973) 383-4787 or check out our website, www.centerforprevention.org.