



## Mental Health Resources

[CAPS](#)

[PUSH](#)

[988 Crisis Lifeline](#)

[After Hours Crisis Information](#)

[TAO](#)



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### What is Mental Health?

Mental health is multi-faceted and includes our emotional, psychological, and social well-being. It influences our everyday life by affecting how we feel, think and act. It affects the decisions we make, determines how we handle situations, especially difficult or stressful ones, and impacts how we relate to those around us.

### Know the Facts

- One in 5 adults experience a mental health issue in any given year.
- One in 6 young people have faced a major depressive episode.
- Three out of 4 people with mental health problems showed signs before they were 24 years old.
- Many factors contribute to mental health issues, such as genetics, physical illness, and life experiences.
- Preventing a mental health condition is possible.
- Therapy and self-help are important parts of the treatment and recovery process.

### Talking About Mental Health

Talking about mental health issues can be uncomfortable and awkward but offering the opportunity for a conversation is important. Below are some tips for talking that might make it easier to begin the dialogue.

When talking to someone you're concerned about:

- If face-to-face is too difficult, start with a text.
- Exercise compassion/empathy.
- Give your full attention.
- Use active listening skills – make eye contact, ask questions to clarify.
- Avoid judgment.
- Find and share information.

When talking about your own mental health:

- Talk to someone you trust.
- Find a place where you feel comfortable/safe to talk.
- Allow yourself time.
- Prepare yourself for their reaction.

Talking is only the first step. The next step might be seeing a psychologist or psychiatrist or joining a peer group. These professionals can work with you to develop a plan to help you feel better and to determine the right treatment for you. Resources on campus include CAPS, PUSH, and After Hours Crisis Information. TAO is a free web and app-based mental health resource provided by Purdue Counseling and Psychological Services.

### References:

[www.samhsa.gov/mental-health.gov](http://www.samhsa.gov/mental-health.gov)

[www.mhanational.org/time-talk-tips-talking-about-your-mental-health](http://www.mhanational.org/time-talk-tips-talking-about-your-mental-health)