

Mental Health Newsletter



Let Us End the Stigma Around Mental Health!

What is stigma?

Public stigma - negative or discriminatory attitudes that others have about mental illness.

Self-stigma - negative attitudes, including internalized shame, that people with mental illness have about their own condition.

Institutional stigma - involves policies of government and private organizations that intentionally or unintentionally limit opportunities for people with mental illness.

Ways to minimize/end stigma?

1. Talk openly about mental health
2. Educate yourself and others
3. Be conscious of language
4. Encourage equality between physical and mental health
5. Show compassion for those with mental illness
6. Choose empowerment over shame
7. Be honest about treatment
8. Let the media know when they are being stigmatizing
9. Don't harbor self-stigma

WHAT'S NEW?

CRISIS AMONGST LGBTQ+ YOUTH

Peek into the mental health trends in the LGBTQ+ youth population

MICROAGGRESSIONS

Learn what microaggressions are and how they impact mental and physical health

MOOD-BOOSTING MEALTIMES

Explore some tips on how to make meals more enjoyable and how can food improve mental health

Mental Health Crisis Amongst LGBTQ+ Youth

According to a recent study done by The Trevor Project, approximately 50% of LGBTQ+ youth (13-24 y.o.) reported attempting suicide over the last year. This is in addition to the 75% of youth who reported experiencing anxiety and 58% experiencing symptoms of depression. The report also found that “roughly 60% of LGBTQ+ youth who said they wanted mental health care this year have not been able to receive it.”

“More than 90% of transgender and nonbinary youth worried they may be denied access to gender-affirming care or access to gender-segregated facilities (restrooms, locker rooms). Another 83% said they were concerned about other efforts to ban transgender athletes from competing on school sports teams (16 states have already passed laws barring transgender students from playing on sports teams consistent with their gender identity).”

- 31% said they had been physically harmed or threatened over their sexual orientation
- 37% reported being harassed over their gender identity (55% of transgender men and boys and 47% of transgender women and girls)
- 70% of LGBTQ+ youth said they experienced discrimination based on their sexual orientation or gender identity at least once in their lifetime

NJ Transgender Student Guidance - Click [HERE](#)

Microaggressions: What, How, Why?

What are microaggressions?

- microassaults - the most overt form of microaggressions, which come in the form of slights and insults that can be verbal or behavioral
- microinsults - which assert prejudiced stereotypes through insensitive comments that make presumptions about an individual's intelligence, morality, or belonging to an in-group
- microinvalidations - comments that have the effect of devaluing or denying the lived experience of marginalized people.

How do they impact mental and physical health?

“When a person experiences stress, it can lead to physiological responses, including elevated blood pressure, increased heart rate, and the secretion of certain hormones, such as cortisol. Discrimination is a social stressor and it acts on the body in the same way.”

Mood-Boosting Mealtime Tips!



Ways to
increase
serotonin!

Have you ever smelled something and immediately been transported back in time? For me, that is when I smell my mom's pasta sauce. I am instantly reminded of simpler times and funny family dinners when my sisters and I competed to see who could eat the greatest number of plates of pasta!

“The stronger emotional memory connection with odor than other sensory experiences appears to be due to the privileged access of the central brain structures of the olfactory system to the limbic system structures—such as the amygdala and hippocampus, which are involved in regulating emotion and emotional memories.”

Did you know that there are also different hormones/chemicals in the body that are linked to happiness? One of these “happy hormones” is serotonin. I bet you did not know that 90% of the serotonin in our bodies is produced in our guts?! This is why gut health is so important: it is linked to our happiness and mental health! Gut health = food = sensory experience = more serotonin = more happy hormones = feeling happier and less stressed!