

MENTAL HEALTH NEWSLETTER

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it." - Amanda Gorman



Ohio State Football Player Retiring?

From the outside looking in, Harry Miller, an Ohio State student and football star, looked like he had it all! A 4.0 GPA as an Engineering major at a great college and regarded as one of the best offensive linemen in college football. On the inside however, things were very dark, and on March 10th, Miller shocked college football fans by declaring that he will officially be "medically retiring" from football.

Miller opened up on the Today Show this week about his struggles with mental illness and suicidal ideation, as well as the challenges with balancing life, school, mental health, and playing football. It turns out that his medical retirement is not due to physical injuries, but rather a very real mental health challenge. Miller told the Today Show that "people have called me brave, but to me, it just felt like not dying and felt like being honest. Maybe bravery is just being honest when it would be easier not to. And if that is bravery, then so be it. But I've just been really grateful to one, receive the help I have. And two, to have learned some things that I can share with others."

Click on the image (above) to watch him on the Today Show and see the raw emotion of someone struggling with mental illness, but also brave enough to do what is best for him regardless of what others may believe would be right.

SERVICES NEAR ME

[POSITIVE RESET MENTAL HEALTH CLINIC](#)

[INTEGRATED CARE CONCEPTS AND CONSULTATION](#)

[LIVING WELL COUNSELING CENTER](#)

[THE PASSION CARE CENTER](#)

[LIGHTHOUSE COUNSELING CENTER](#)

[RED BANK COUNSELING](#)

[MODERN THERAPY](#)

[LOTUS BLOSSOM PSYCHOTHERAPY](#)

The Military Fighting Mental Health

Maj. Gen. Ernest Litynski of the United States Army is a decorated General but is most well-known by his fellow service members "for his campaign to illuminate mental health issues among troops, scraping away bit by bit at the stigma that often leads to tragedy."

When talking to new recruits about what is to come with physical fitness and training, he makes sure to also discuss the reality of Post-Traumatic Stress Disorder and what could happen if you do not focus on your mental health. After over 20 years of war and combat missions, the military continues to fall short in addressing its most prominent issues - mental health issues and rising suicide rates - and it is rare that a higher-ranking military official is speaking out about these concerns. "A report last year from the Costs of War Project at Brown University found that an estimated 30,177 active-duty military personnel and veterans who have served since the Sept. 11, 2001, attacks died by suicide, compared with the 7,057 killed in military operations during the two-decade war against terrorism."

Another major challenge is that most military recruits hide their histories of mental health challenges because it has the potential to disqualify them from entrance into the military. If not addressed, those issues can be magnified during basic training and beyond.

For full article, click [HERE](#).

Cornell Lowers Credit Cap to Help Mental Health of Students

Cornell's College of Engineering lowered its cap on the max number of credits their students can take in a semester in hopes that this will help to lower student stress and anxiety. The cap has been lowered from 23 to 20 and if students would like to take more than 20 credits, they must submit a petition to do so. Norman Fortenberry, executive director of the American Society for Engineering Education, explained "STEM students have been especially hard-hit" with mental health issues due to the uncertainty of the COVID-19 pandemic.

Click [HERE](#) to learn more!

Teachers and Mental Health

"We're always the ones giving. And we give, give, give. So no one notices we're actually giving from an empty cup."

The quote above is from a North Carolina high school teacher when asked about how it feels to be a teacher during a pandemic. According to the National Education Association, almost 390,000 teachers left the profession during the pandemic in the US and 55% said they are ready to leave the profession earlier than they initially planned.

Darnita Samuels, a marriage and family therapist, explains "what they're saying is 'I'm stressed out, my anxiety is going up' things like that. So when we start asking questions, there is burnout. But then there also is some slight depression as well."

Click [HERE](#) to learn more about The Teacher's Resource!

