

- National Coming Out Day
- Domestic Violence Awareness Month
- ADHD Awareness Month
- OCD Awareness Week
- Breast Cancer Awareness Month



A Monthly Insight into Mental Health Trends

Mental Health *newsletter*

current topics >>>

LGBTQ+ Community Mental Health Statistics

- 4.5% of the US is LGBTQ+ (15 million people)
- 1/3 of LGBTQ+ people experience a mental illness
 - 60% more than straight individuals
 - 2-3x more likely to have long-term psychological or emotional problems as they regularly face prejudice, harassment & discrimination
 - Transgender people attempt suicide 9x more than the entire US population
 - LGBTQ+ adults are 56% more likely to develop an alcohol use disorder and 3x as likely to develop another substance use disorder
- LGBTQ+ people utilize mental health services 2.5x the rate of straight individuals



LGBTQ+ teens are **six** times more likely to experience symptoms of **depression** than their heterosexual counterparts.

National Coming Out Day

Using The Trevor Project's Coming Out Handbook: Exploring what coming out means to you with tools, tips, and safety questions!

The first thing to understand about coming out is that there is no one right way to do so. It is all about what works for you, wherever you are in your journey. A great place to start is to first discover who you actually are. First, we can take a look at gender, gender identity and gender expression. Then, we can look at sexual orientation, sexual attraction, romantic attraction, and emotional attraction. Take some time to nonjudgmentally get to know yourself and build self-love for who you are! Then, if you feel like you want to come out to others, ask yourself “how do I want to come out to others,” “who do I want to come out to,” “how might people react (positive and negative) and how can I respond?” You may want to test the waters with someone by seeing how they respond when conversing

about the LGBTQ+ community. There is no perfect time or location to come out, but try to make sure you are comfortable and safe!

“I’ve slowly been figuring out who I really am, and every step of the way I like who I find more and more.”

- Hayley, 16, Virginia

Throughout this process, remember that people may not react the way we want them to, but it does not reflect the realness of your identity and who you are, and it is not your fault! Try to familiarize yourself with what a healthy relationship looks like and boundaries! This will hopefully help you to are navigating the dating world and changing relationships as you begin to come out. It is also important to engage in self-care and caring for your mental health! This can be a very stressful time and you may be met with reactions that are negative, so it is crucial to practice safety and put yourself first!

Take a look at heartwarming coming out videos [here!](#)

Domestic Violence Awareness Month



DOMESTIC VIOLENCE AWARENESS MONTH

Statistics

- 1 in 3 women and 1 in 4 men are victims of some form of physical violence by an intimate partner within their lifetime
- 20 people per minute in the US are physically abused by an intimate partner
- 34% of people who are injured by intimate partners receive medical care for their injuries
- 20,000 calls are placed each day to domestic violence hotlines in the US
- 72% of all murder-suicides involve an intimate partner
- There is a 500% increased risk of homicide when a gun is present in a domestic violence situation
- Domestic violence accounts for 15% of all violent crime in the US
- Women between 18-24 years old are most commonly abused by an intimate partner
- 19% of domestic violence involves a weapon
- 1 in 15 children are exposed to intimate partner violence each year
- 21-60% of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse
- 1 in 5 women and 1 in 71 men in the US have been raped in their lifetime (almost half of female and male victims were raped by an acquaintance)

What is IPV?

Intimate Partner Violence

Intimate partner violence is abuse or aggression that occurs in a romantic relationship. IPV can include the following types of behaviors:

- **Physical Violence**
 - Hitting, kicking, or using another type of physical force
- **Sexual Violence**
 - Forcing a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent
- **Stalking**
 - Repeated, unwanted attention/contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim
- **Psychological Aggression**
 - Verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and/or to exert control over a partner

Preventing IPV and Domestic Violence



Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



Engage Influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports

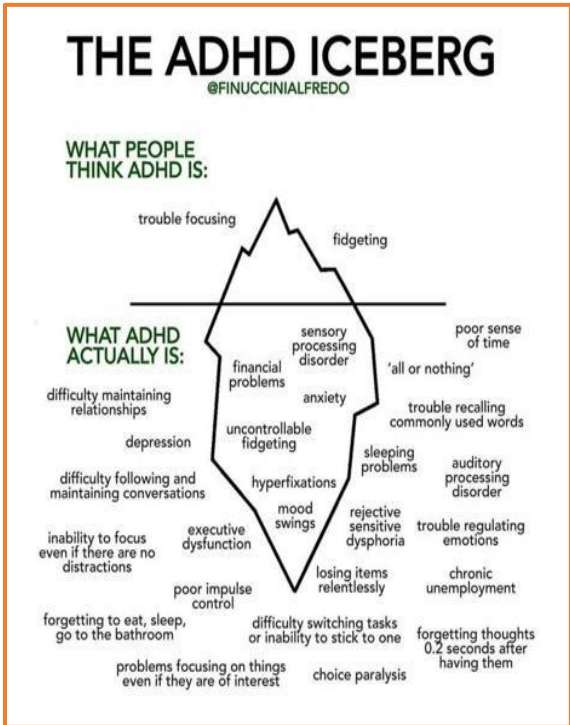


Support survivors to increase safety and lessen harms

- Victim-centered services
- Housing programs
- First responder and civil legal protections
- Patient-centered approaches
- Treatment and support for survivors of IPV, including teen dating violence

ADHD Awareness Month

What is ADHD? How is it diagnosed? Can you live a functioning life with ADHD? Is medication the only way to treat ADHD? How can you treat ADHD and what skills help to manage it? What other issues are often present in people who are diagnosed with ADHD?



ADHD stands for “Attention Deficit-Hyperactivity Disorder” and is a mental health disorder categorized by a series of inattention and/or hyperactivity symptoms and the symptoms interfere with functioning or development. It can be diagnosed by a doctor or mental health professional (psychologist or psychiatrist).

A common myth is that people with ADHD cannot live a functioning and successful life, but that is very far from the truth. When a person learns the skills, strategies and resources that helps to manage the challenges, they can give very successful in relationships, work, and school! Medication may also be found to be helpful, but is not the sole treatment for ADHD. Exercise, a balanced diet, natural supplements, coping skills, parent training and psychoeducation are all beneficial treatment options for people with ADHD.

An interesting fact about ADHD is that over half of all people diagnosed with ADHD also suffer from a second disorder that requires separate treatment, such as anxiety, depression, bipolar disorder, substance use disorders, and personality disorders. This can make treatment more complex and it may take longer to identify warning signs, triggers, and coping skills. For working with children with co-morbid disorders, parent training is also crucial to the success of treatment.

ask the experts >>>

Q: *Can I be a little bit OCD?*

A: *You either have it or not...*

Many people say “I’m a little OCD,” and I admit that I used to say it too. Maybe you’ve said it to describe your need for order and cleanliness, but the reality is that OCD is a disorder and not a personality trait...AKA you either have it or you don’t. But this does not mean that thoughts and behaviours that are characteristic of OCD are exclusive to those with a diagnosis. Intrusive thoughts are experienced universally, as well as just feeling not right when something isn’t organized. For the people doagnised with OCD however, the feelings can be relentless and extremely upsetting.



Are you really "soooo OCD?"

Learn what it really means to have OCD, and what you can do to help at iocdf.org/ocdweek



International
OCD
Foundation

October 8–14, 2017
iocdf.org/ocdweek

#OCDWeek

Obsessions

- Recurrent and persistent thoughts, urges or images that are experienced, at some time during the disturbance, as intrusive, unwanted, and that in most individuals cause marked anxiety or distress.
- The individual attempts to ignore or suppress such thoughts, urges, or images, or to neutralize them with some thought or action (i.e., by performing a compulsion).

Compulsions

- Repetitive behaviors (e.g., hand washing, ordering checking) or mental acts (e.g., praying, counting, repeating words silently) that the person feels driven to perform in response to an obsession, or according to the rules that must be applied rigidly.
- The behaviors or mental acts are aimed at preventing or reducing distress or preventing some dreaded event or situation. However, these behaviors or mental acts either are not connected in a realistic way with what they are designed to neutralize or prevent or are clearly excessive.
- The obsessions or compulsions are time consuming (e.g., take more than 1 hour per day) or cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- The compulsions are not due to a substance/medical condition

finalthoughts...

October is Breast Cancer Awareness Month!

DID YOU KNOW...

- In 2022, there were:
 - 290,560 new cases
 - 43,780 deaths
 - New Jersey ranked 11th for highest new cases and deaths
- 1 in 8 women in the US will develop breast cancer in her lifetime
- Breast cancer is the most common cancer in women in the US next to skin cancer
- On average, every 2 minutes a woman is diagnosed with breast cancer in the US
- Breast cancer death rates are 40% higher among Black women than white women
- Breast cancer is the the second leading cause of cancer death for women in the US
 - But it is the leading cause of cancer death for Latin women
- Poverty, less education, and lack of health insurance are associated with lower breast cancer survival rates
- The death rates have continued to decline since 2000
- Incidence rates were highest between 1995-2000, but have begun to increase again in recent years



coming soon >>>

In The Next Issue

Adoption Awareness Month

International Stress Awareness Week

National Career Development Month

International Survivors of Suicide Day

National Family Health History



Click to hear soothing music

WHAT NOT TO SAY TO A FRIEND EXPERIENCING A MENTAL HEALTH PROBLEM

@BELIEVEPHQ

