

The Eight Dimensions of WELLNESS*



Communication
among mental health
consumers, professionals,
and primary care
providers about health
information is essential
to overall wellness.

THE 10X10 WELLNESS CAMPAIGN

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 years. To find out more about the 10x10 Wellness Campaign, visit <http://www.10x10.samhsa.gov>.

For information, contact: SAMHSA 10x10 Wellness Campaign
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Rockville, MD 20857
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* Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4) 311- 3314.





Healthy Minds, Healthy Lives: 12 Questions Everyone Should Ask About Their Mental Health

- ☐ Do I often seem sad, tired, restless, or out of sorts?
- ☐ Do I spend a lot of time alone?
- ☐ Have low self-esteem?
- ☐ Have trouble getting along with family, friends, and peers?
- ☐ Have frequent outbursts of shouting, complaining, or crying?
- ☐ Have trouble performing or behaving in school?
- ☐ Show sudden changes in eating patterns?
- ☐ Sleep too much or not enough?
- ☐ Have trouble paying attention or concentrating on tasks like homework?
- ☐ Seem to have lost interest in hobbies like music or sports?
- ☐ Show signs of using drugs and/or alcohol?
- ☐ Talk about death or suicide?

If you answered yes to four or more of these questions, and these behaviors last longer than 2 weeks, talk to your doctor and get help.

You are not alone. There is hope. Get help



*Wellness begins
with me!*

MY WELLNESS PLAN

MY SUPPORT NETWORK



ASHA
INTERNATIONAL
WE GIVE HOPE

ASHA International's mission is to promote personal, organizational and community wellness through mental health education, training and support.

SUICIDE WARNING SIGNS



TALK

Being a burden to others
Experiencing unbearable pain
Killing themselves
Having no reason to live
Feeling trapped



BEHAVIOR

Increased use of alcohol or drugs
Acting recklessly
Withdrawing from activities
Looking for a way to kill themselves, such as searching online for materials or means
Isolating from family and friends
Sleeping too much or too little
Visiting or calling people to say goodbye
Giving away prized possessions
Aggression



MOOD

Loss of interest
Depression
Irritability
Rage
Anxiety
Humiliation



AMERICAN FOUNDATION FOR
Suicide Prevention

NATIONAL

SUICIDE
PREVENTION

LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org



BECAUSE LIFE CAN BE PRETTY

MESSED UP

SOMETIMES.

YouthLine

A SERVICE OF  lines4life

Need help?

let's talk.

4-10pm daily

TALK

877.968.8491

TEXT

"teen2teen" to 839863

CHAT

OregonYouthLine.org



@theyouthline

We listen. We support.
We keep it to ourselves.