

# Mental Health vs. Mental Illness, There Is A Difference



## What is Mental Health?

Mental Health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental Health is important at every stage of life, from childhood to adolescence through adulthood.

## What is Mental Illness?

Mental Illnesses are conditions that affect a person's thinking, feeling, mood, or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.

***For free & confidential employee & dependent family member counseling, call:***

***Beacon Health: 1-800-227-9622 (Hourly)***

***HMSA: 1-800-550-7200 (Hourly)***

***Total Health/HMSA: 1-888-667-6603 (Salaried)***

# Mental Health vs. Mental Illness

## There Is A Difference

### Mental Health Promotion and Prevention

Preventing mental illness and promoting good mental health involves actions to create living conditions and environments that support mental health and allow people to adopt and maintain healthy lifestyles. These include a range of actions to increase the chances of more people experiencing better mental health--early interventions, social support, post traumatic event support groups, and mental health intervention services offered at work (such as the Central Diagnostic Referral (CDR) services offered through the ESSP Program). Lastly, develop a campaign to change the culture of mental health to ensure people who are in need can receive the compassion and support that is deserved.

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