Land Acknowledgment

The NNLM PSR at UCLA Biomedical Library acknowledges our presence on the traditional, ancestral, and unceded territory of the Gabrielino/Tongva communities.
Today we will:

**Identify**
mental health resources from the National Library of Medicine

**Discover**
mental health resources specific to the Pacific Southwest Region

**Apply**
strategies to help build and sustain positive mental health
A little about me

So many acronyms!

- **NIH**
  - National Institutes of Health
  - Nation’s medical research agency
  - 27 institutes and centers

- **NLM**
  - National Library of Medicine
  - World’s largest biomedical library

- **NNLM**
  - Network of the National Library of Medicine (NNLM)
  - Outreach program of the NLM comprised of 8 Regional Libraries (RMLs)

- **PSR**
  - Pacific Southwest Region (PSR)
  - Serves Arizona, California, Hawaii, Nevada, and the U.S. Territories in the Pacific
Network of the National Library of Medicine – visit us at nnlm.gov

How do I sign up?

NIH News in Health

Stay Informed

Quick Links

NIH User Accounts

NIH National Library of Medicine

CDC

PubMed

PubMed Central

COCHINE
When you hear mental health

What comes to mind?

When you hear mental health

What comes to mind?
Good health information helps all of us live healthy & happy lives!

Searching for information online…  
Is like trying to drink water from a firehose
Defining & Understanding Mental Health

WHO defines…

• The World Health Organization (WHO) states “mental health is an integral and essential component of health. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

• Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.
WHO recommends...

Coping with stress during the 2019-nCoV outbreak

- It is normal to feel stress, worry, prepare, and enjoy doing a role.
- Talking to people you trust can help. Contact your friends and family.
- If you must stay at home, maintain a healthy lifestyle: exercise, proper diet, sleep, personal and social contacts, wash your hands.
- Don’t use smoking, alcohol or other drugs to deal with your emotions.
- Get the facts. Listen thoroughly, talk to health workers or government health officials, where to go to and how to seek help for physical and mental health issues if you need it.
- Use stress-reduction techniques. For example, talk to friends or family, call a family or friends, or call a self-help organization like WHO or a local or state public health agency.
- Limit worry and agitation by avoiding the news you find most disturbing. Stay in touch with loved ones who are having trouble coping.

NIH National Library of Medicine

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WHO says mental health is?

- Mental health is more than the absence of mental disorders.
- Mental health is an integral part of health; indeed, there is no health without mental health.
- Mental health is determined by a range of socioeconomic, biological and environmental factors.
- Cost-effective public health and intersectoral strategies and interventions exist to promote, protect and restore mental health.

NIH National Library of Medicine
Manifestation

“Multiple social, psychological, and biological factors determine the level of mental health of a person at any point of time. Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health and human rights violations.”

– World Health Organization (WHO)

Many factors

“Striking disparities exist in the prevalence and outcomes of mental illnesses within the United States and worldwide. Individuals from underserved communities frequently experience reduced access to evidence-based mental health services and lower levels of treatment engagement, and they receive fewer follow-ups in a variety of provider settings.”

– National Institute of Mental Health (NIMH)
National Institute of Mental Health (NIMH)

• National Institute of Mental Health (NIMH) – Mental Health Minute: Depression

• National Institute of Mental Health (NIMH) Image Library

• National Institute of Mental Health (NIMH) Managing Stress and Anxiety Livestream

You Are Not Alone
How to talk about mental health... Asking for a friend...

- Remember to use person first language! Instead of saying an alcoholic, a schizophrenic, or a transgender, use – a person with Alcohol Use Disorder (AUD), a person with schizophrenia, or a transgender person.

- Only refer to someone’s mental illness when it is relevant.

- Many terms carry sociocultural baggage and stigmas. By being cognizant and proactive about this, you can help people feel empowered beyond their illness.
MedlinePlus.gov

More About MedlinePlus
Three Major Guidelines

1. Quality, authority, and accuracy of health content

2. Primary purpose is educational and not to sell a product or service. Most content is available at no charge.

3. Web pages must be reliable and regularly maintained.

What’s new in MedlinePlus

- COVID-19 (Coronavirus Disease 2019)
- Caregiver Health
- Cleaning, Disinfecting, and Sanitizing
- Healthy Recipes

- How to Improve Mental Health
- Older Adult Mental Health
- Telehealth
- Vaccine Safety
Health topics

Two types of health topic pages

- Comprehensive
  * More information
  * Designed to be a one-stop-shop for patient/consumer health information

- General
  * Fewer links, but more specific
  * Brief overview

Both types of pages -
- Author attribution
- Copyright free
- 6th grade reading level or below
Comprehensive Health topic – Breast Cancer

Research Information from MedlinePlus
Health topics takeaways

Health Topics pages are:

- Updated regularly
- Attributed authors
- Authoritative links
- Easy to read summaries

Mental Health Definition - MedlinePlus
Older Adult Mental Health

How to Improve Mental Health
Medications/Drugs, Herbs, & Supplements

Medline Plus - Drugs

Related Topics
- HIV/AIDS Medications
- Antibiotics
- Antidepressants
- Blood Pressure Medications
- Blood Thinners
- Cancer Alternative Therapies
- Cancer Chemotherapy
- Colds and Cough Medications
- Complimentary and Alternative Medicine
Anatomy of a Drug Record

MedlinePlus - Herbs and Supplements
Comparison of information sources

Drugs & Supplements takeaways

• Over 1,000 drugs and 175 herbs and supplements

• Logos indicate the source

• Drugs:
  * American Society of Health-System Pharmacists, Inc. (ASHP) (licensed information)

• Herbs and Supplements:
  * National Center for Complementary and Integrative Health (NCCIH)
  * Natural Medicine’s Comprehensive Database Consumer Version (licensed information)
Try MedlinePlus as a Starting Point

• Authoritative, current, based on evidence

• Information on multiple topics
  o Drug info
  o Diseases, conditions, therapies
  o Info in multiple languages
  o Directories and organizations

• Stay up-to-date on topics you care about

Demo time!
DailyMed

Demo time!
National Center for Complementary and Integrative Health (NCCIH)

Tips on Complementary Health Practices

5 Tips: What You Should Know About the Science Behind Depression and Complementary Health Approaches

Depression is a medical condition that affects about 1 in 10 adults in the United States. Depression can be treated with conventional medicine, including antidepressants and certain types of psychotherapy. For more information on depression, visit the National Institute of Mental Health’s website. Still, many people turn to complementary health approaches in addition to conventional treatment. Although complementary approaches are commonly used and readily available in the marketplace, many of these treatments have not been rigorously studied for depression. For this reason, it’s important that you understand the benefits and risks of these complementary approaches to make informed decisions about your health.
One of your friends says...

- For your depression, you should St. John’s Wort; it worked for me!

- Let’s see what the National Center for Complementary and Integrative Health (NCCIH) says...
  
  https://nccih.nih.gov

Demo time!
Finding a Mental Health Professional

- NAMI - Finding a Mental Health Professional
- Therapy for Black Girls
- Therapy for LatinX
- Healthy Mind Initiative - Asian Americans and Pacific Islanders (AAPI)
- @crazyheadcomics on Instagram
Maintaining Mental Health

Nourishment/Diet
Food for Thought

MedlinePlus – Nutrition

- American Cancer Society – Calorie Counter
- Department of Agriculture – Healthy Eating on a Budget
- National Heart, Lung, and Blood Institute – Calculate your BMI
- National Heart, Lung, and Blood Institute – Portion Distortion
Eating Disorders/Disordered Eating

- MedlinePlus Eating Disorders

- National Institute of Mental Health (NIMH) Eating Disorders

- National Institute of Mental Health (NIMH) - Mental Health Minute: Eating Disorders

Food and Drug Administration (FDA)

- Nutrition Facts Label

- Food Safety and COVID-19

- Shopping for Food During COVID-19

- 12 Tips for Grocery Shopping During the Pandemic
United States Department of Agriculture (USDA) National Agricultural Library (NAL)

- National Agricultural Library (NAL) - Diet and Health
- Nutrition.Gov
- National Agricultural Library (NAL) Food and Nutrition Center (FNIC)
- FoodData Central

Demo time!
Physical Health and/or Movement

- MedlinePlus – Exercise and Physical Fitness
- National Center on Health, Physical Activity and Disability (NCHPAD)
- Christopher & Dana Reeve Foundation – Staying Active
- U.S. Surgeon General – My Family Health Portrait
- National Institute of Mental Health Information (NIMH) – Talking With Your Health Care Provider
Sleep

- MedlinePlus – Healthy Sleep & Sleep Disorders

- Centers for Disease Control and Prevention (CDC) Sleep and Sleep Disorders Resources

- National Institute of Neurological Disorders and Stroke (NINDS) – Brain Basics: Understanding Sleep
  - Brain Resources and Information Network (BRAIN) Educational Resources

- Mental Health America – Get Enough Sleep: the 10 Tools

- American Sleep Association – Sleep Hygiene Tips
National Heart, Lung, and Blood Institute (NHLBI)

- National Heart, Lung, and Blood Institute (NHLBI)
  - Your Guide to Healthy Sleep
    * At a Glance: Healthy Sleep
    * Informacion General: Sueño Saludable
    * Sleep Diary
    * Sleep Deprivation and Deficiency

- National Center on Sleep Disorders Research

American Academy of Sleep Medicine (AASM)

- National Healthy Sleep Awareness Project
- Patient Information
- SleepEducation.Org
- COVID-19 and Sleep: Questions from the Public
Regional Resources

- California Association of Mental Health Peer-Run Organizations (CAMPRO)
- California Peer-Run Warm Line
- California Council of Community Behavioral Healthcare
- Headspace – Los Angeles County Residents
- NNLM PSR Reading Club – Featured Health Topic: Resilience
  - Taking Care of Us: Inreach for Library Staff
Creating a Mental Health Self-Care Plan

What do you want to include in your plan?

What does self-care mean to you?
Self-Care is Community Care.

“Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.”

- World Health Organization (WHO)

Evaluation & Reflection

Mindful Reflection: Share your rose, thorn, and bud

Rose
- What was a highlight today?
- How have you felt today?
- What are you most grateful for?

Thorn
- What was the biggest obstacle?
- Identify sources of difficulties.
- What makes you feel frustrated?

Bud
- What are your goals?
- Describe opportunities for learning that would exist.
- What needs growth and nurturing?
Thank You

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