Putting the Me in Mental Health

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Network of the National Library of Medicine Pacific Southwest Region (NNLM PSR)

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Land Acknowledgment

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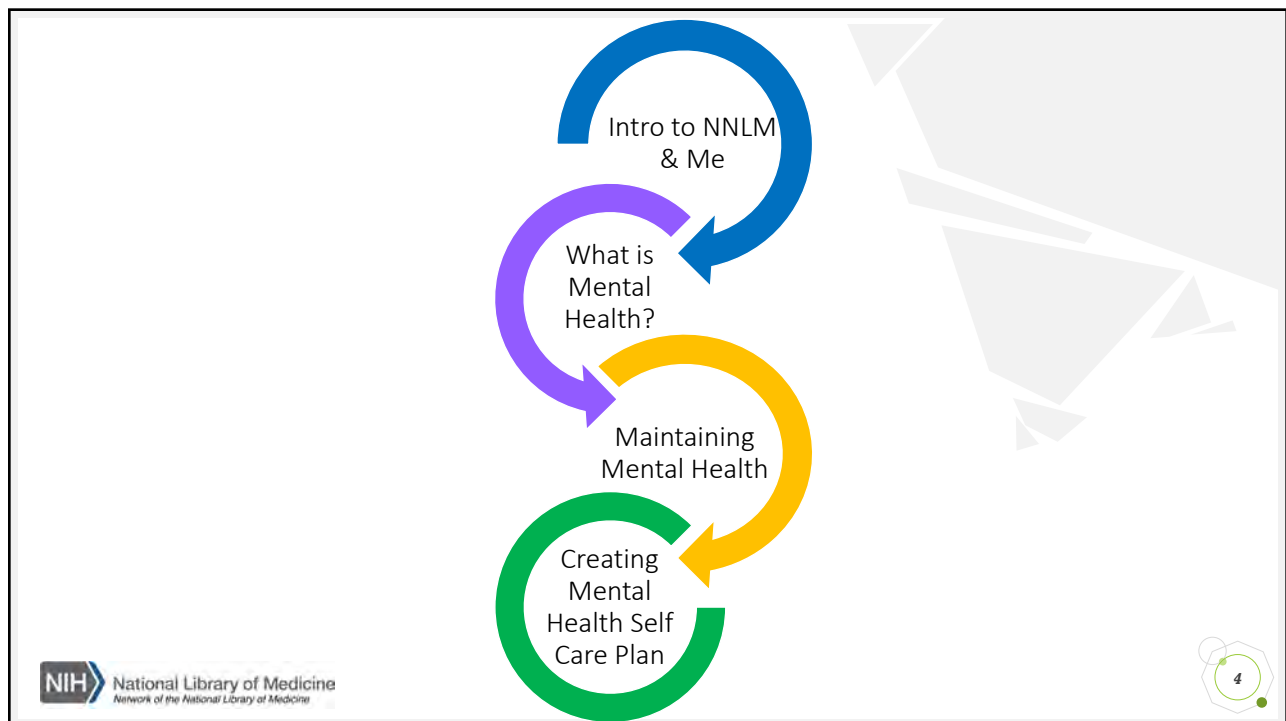
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Today we will:

Identify
mental health resources from the National Library of Medicine

Discover
mental health resources specific to the Pacific Southwest Region

Apply
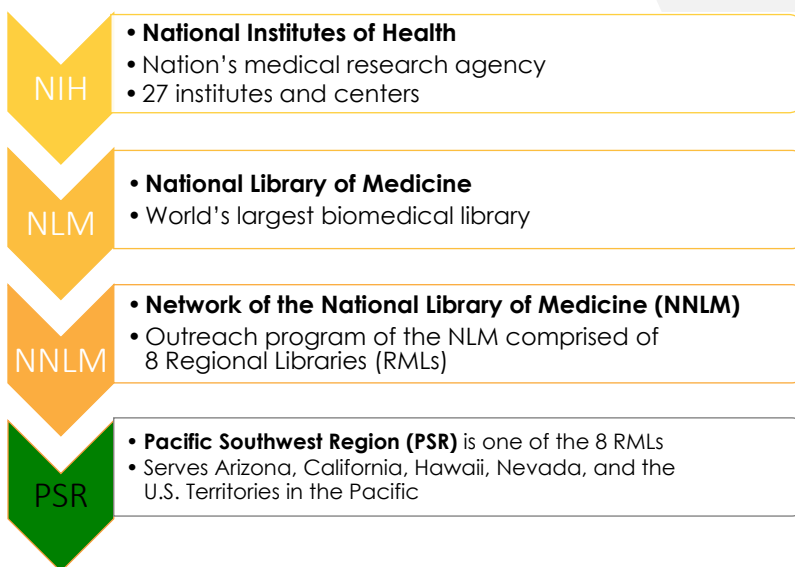strategies to help build and sustain positive mental health

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Intro to NNLM & Me

What is Mental Health?

Maintaining Mental Health

Creating Mental Health Self Care Plan

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A little about me

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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)** is one of the 8 RMLs
- Serves Arizona, California, Hawaii, Nevada, and the U.S. Territories in the Pacific

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Network of the National Library of Medicine – visit us at nnlm.gov

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How do I sign up?

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When you hear mental health

What comes to mind?

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When you hear mental health

What comes to mind?

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No Matter What Age or Stage…

Photo credit: Samantha Hurley

Photo credit: Nicole De Khors

Good health information helps all of us live
healthy & happy lives!

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Searching for information online…

Is like trying to drink water from a firehose

Photo by Michael Jeffrey on Unsplash

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Defining & Understanding Mental Health

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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.

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WHO recommends…

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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.

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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)

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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)

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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

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You Are Not Alone

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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.

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MedlinePlus

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MedlinePlus.gov

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More About MedlinePlus

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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.

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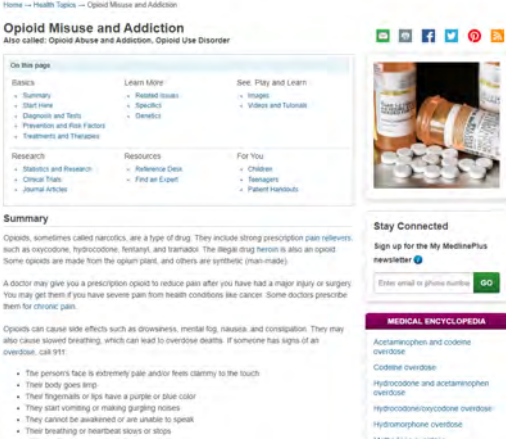
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What's new in MedlinePlus

- 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

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Health topics

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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
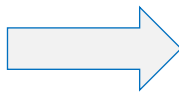
Both types of pages -
- Author attribution
  - Copyright free
- 6th grade reading level or below

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Comprehensive Health topic – Breast Cancer

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Research Information from MedlinePlus

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Health topics takeaways

Health Topics pages are:

- Updated regularly

- Attributed authors

- Authoritative links

- Easy to read summaries

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Mental Health Definition - MedlinePlus

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Older Adult Mental Health

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How to Improve Mental Health

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Medications/Drugs, Herbs, & Supplements

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Medline Plus - Drugs

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Anatomy of a Drug Record

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MedlinePlus - Herbs and Supplements

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Comparison of information sources

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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)

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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

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Demo time!

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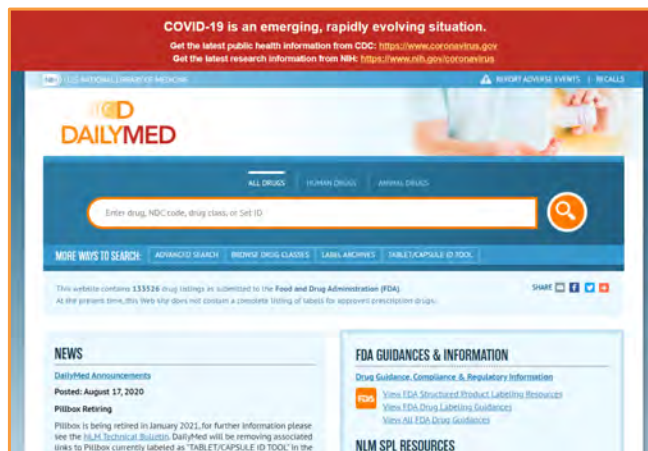
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National Center for Complementary and Integrative Health (NCCIH)
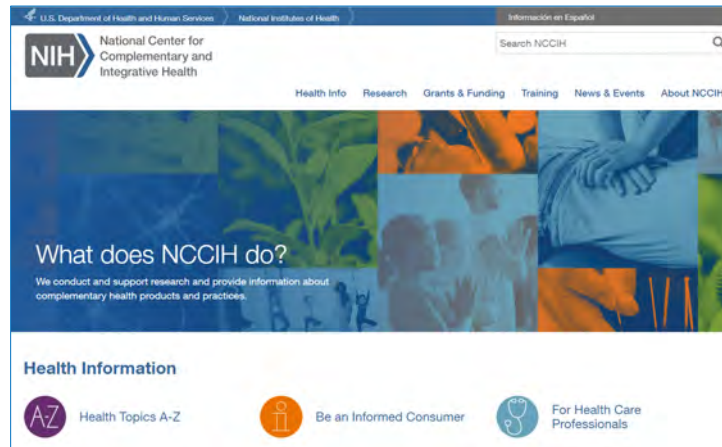
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Tips on Complementary Health Practices

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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

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Demo time!

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Therapy

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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

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Maintaining Mental Health

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Nourishment/Diet

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Food for Thought

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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

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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

Your health is **more important** than this number.

www.nimh.nih.gov/eatingdisorders

#shareNIMH

@NIMHgov

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Food and Drug Administration (FDA)

FEED YOUR MIND

GMOs 101: YOUR BASIC QUESTIONS ANSWERED

What makes it a GMO?

- Nutrition Facts Label

- Food Safety and COVID-19

- Shopping for Food During COVID-19

- 12 Tips for Grocery Shopping During the Pandemic

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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

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Exercise/Movement

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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

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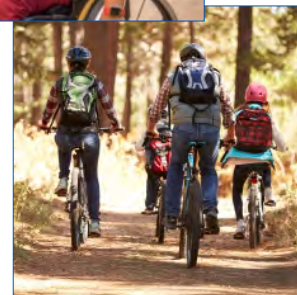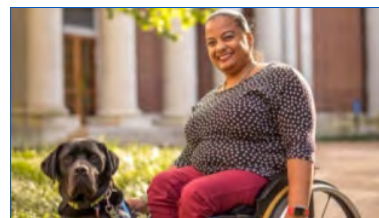
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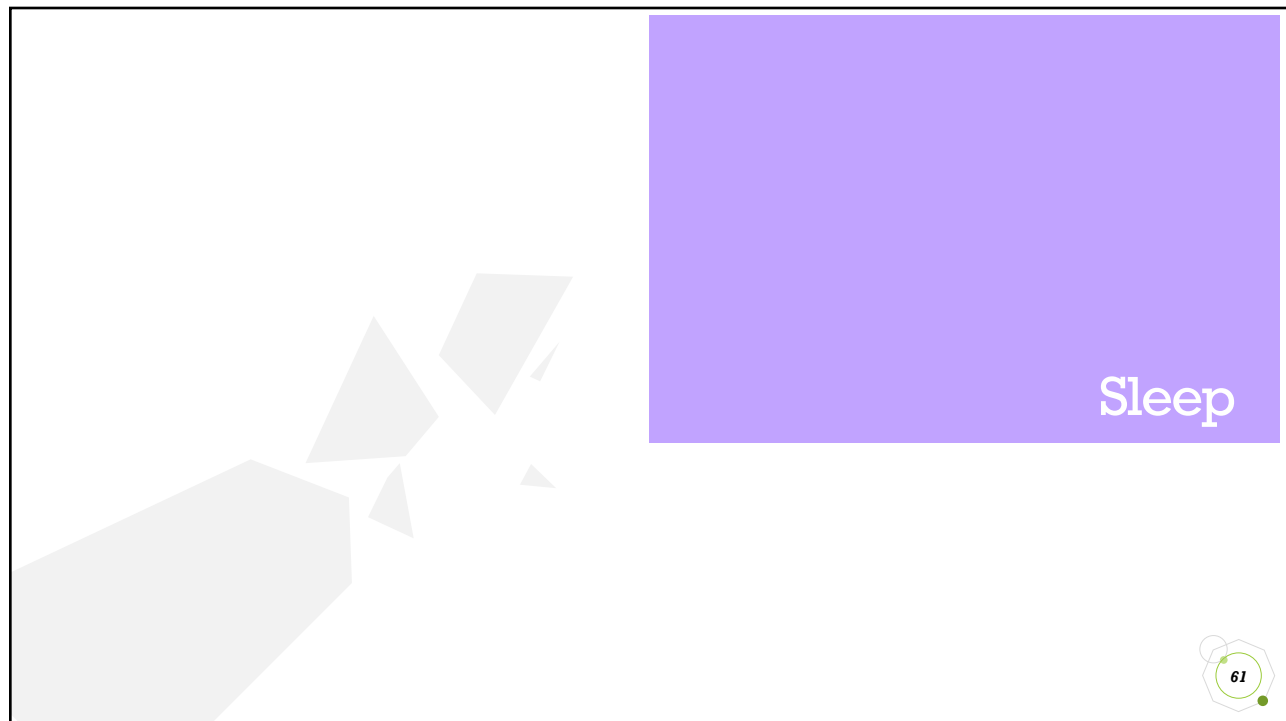
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Sleep

- 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

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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

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American Academy of Sleep Medicine (AASM)

- National Healthy Sleep Awareness Project

- Patient Information

- SleepEducation.Org

- COVID-19 and Sleep: Questions from the Public

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Regional Resources

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Regional Resources

- California Association of Mental Health Peer-Run Organizations (CAMHPRO)

- 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

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Creating a Mental Health Self-Care Plan

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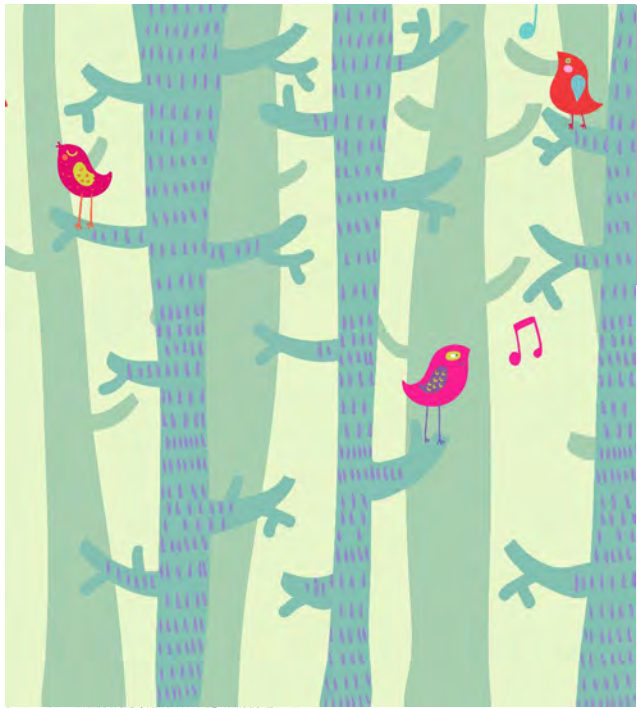Network of the National Library of Medicine

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What do you want to include in your plan?

What does self-care mean to you?

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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)*

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Evaluation & Reflection

Mindful Reflection: Share your rose, thorn, and bud

Rose
A highlight, a success, or something positive that happened.

Thorn
A challenge you experienced, or something you can use more support with.

Bud
New ideas or something you're looking forward to knowing or understanding more.

- What was a highlight today?
- How have you been successful?
- What are you most proud of?

- What was most stressful?
- Identify causes of difficulty.
- What made it hard to be successful?

- What are you looking forward to?
- Describe opportunities for learning that excite you.
- What needs growth and nurturing?

Mindful Schools

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