

# MENTAL HEALTH MOMENTS

---

Mental Health Awareness Month

May 2020

**Make your mental health a priority.**

Find resources for Veterans at  
[MakeTheConnection.net/MHM](https://www.maketheconnection.net/MHM)

MENTAL HEALTH MONTH  
**NOW IS THE TIME**



You are *more* likely to experience a challenge with mental health than you are to develop heart disease, diabetes, or any kind of cancer.

This can be caused by a numbers of factors: life stressors, illness, injury, and genetics.

**THERE IS STRENGTH IN SEEKING SUPPORT!**

# MENTAL HEALTH MOMENT

*South Texas Veterans Health Care System  
Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available



MAY IS 2  
MENTAL 0  
HEALTH 2  
MONTH 0

# MENTAL HEALTH MOMENT

WE ARE HERE TO HELP!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available

One way to check in on yourself is to take a mental health screen at [screening.mhanational.org](https://screening.mhanational.org)

It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.

# After a Stranger Stepped In to Help, Ryan Discovered a New Path

Read Ryan's story.

MAKE THE  
**CONNECTION**



Link to [maketheconnection.net/whats-new/new-path](https://maketheconnection.net/whats-new/new-path)

Mental Health Challenges Can Impact Anyone:

**ONE IN FIVE** American adults experienced a mental health issue in the past year.

**ONE IN TWENTY-FIVE** Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

# MENTAL HEALTH MOMENT

YOU ARE NOT ALONE!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available

# MENTAL HEALTH MOMENT



Join us  
for a virtual, global mental health event:  
A Week to Change Direction



**Who?** Everyone who cares about mental health and wellness!

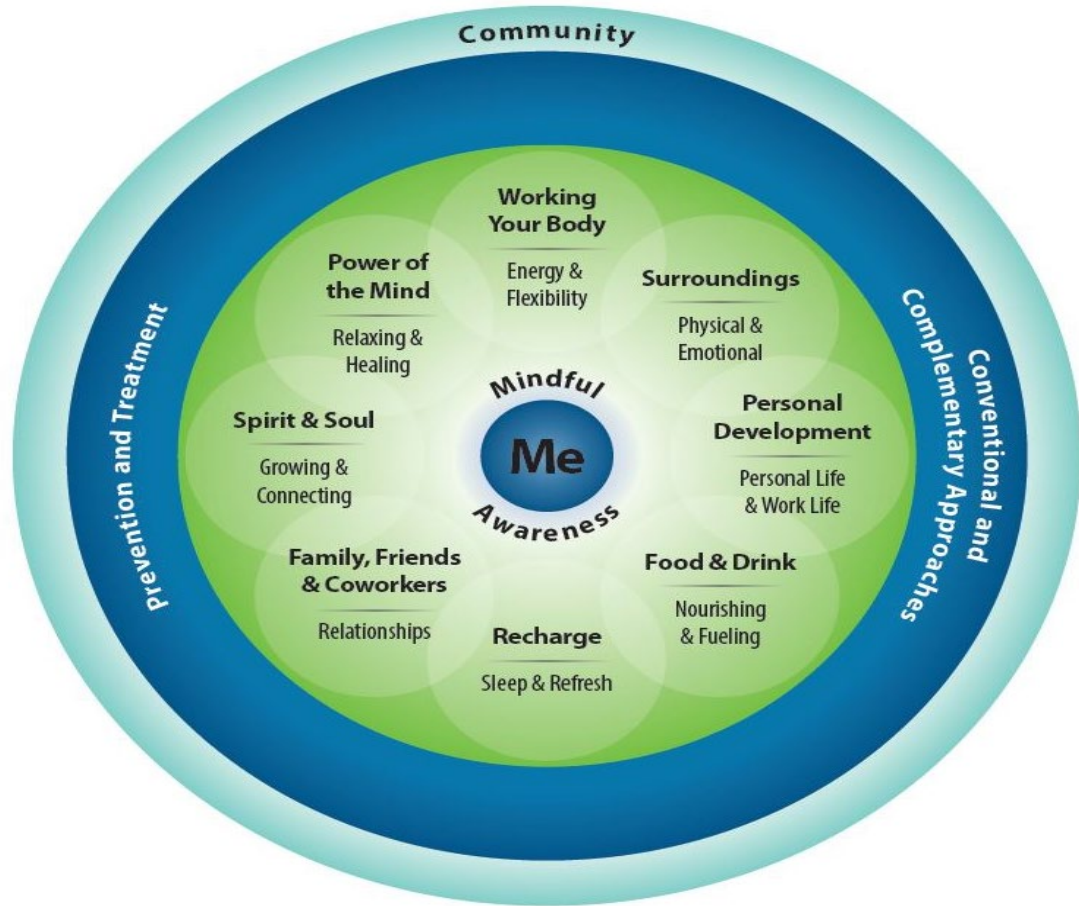
**What?** A VIRTUAL and GLOBALLY coordinated event called A Week to Change Direction

**When?** May 18-24

**Where?** Your home and your backyard

**Why?** To change the culture of mental health by encouraging everyone to stay emotionally healthy and to share the healthy habits of emotional well-being widely, especially during this time when all of us are struggling with the Coronavirus pandemic

**How?** [Share what you plan to do for A Week to Change Direction here](#) and post on social media during May 18-24 with #ChangeDirection



**MENTAL HEALTH IS AN IMPORTANT PART OF OUR OVERALL HEALTH & WELLNESS!**

Mental health includes our emotional, psychological, & social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Learn more about the whole health program :

[www.va.gov/wholehealth/](http://www.va.gov/wholehealth/)

# MENTAL HEALTH MOMENT

LEARN MORE ABOUT  
MENTAL HEALTH AND WELLNESS!

*South Texas Veterans Health Care System  
Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

**\*MH Services available at all sites of care & most primary care clinics**

**\*TeleMental Health or phone services available**

# Start your mental health journey.

Find resources for Veterans at  
[MakeTheConnection.net/MHM](https://www.maketheconnection.net/MHM)

MENTAL HEALTH MONTH  
**NOW IS  
THE TIME**



**Myth:** Mental health is only the concern of those who are experiencing a mental health crisis or who have been diagnosed with a mental illness

**Fact:** Mental health is important to **EVERYONE** just as physical health is important to everyone.

# MENTAL HEALTH MOMENT

LEARN MORE ABOUT THE BENEFITS OF ENHANCING MENTAL HEALTH!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available



MAY IS 2  
MENTAL 0  
HEALTH 2  
MONTH 0

Everyone faces challenges in life that can impact their mental health.

Tools 2 Thrive provides practical tools that everyone can use to improve their mental health & increase resiliency regardless of the situations they are dealing with.

Download the Tools 2 Thrive mental health toolkit here:

[www.mhanational.org/mental-health-month](http://www.mhanational.org/mental-health-month)

# MENTAL HEALTH MOMENT

LEARN MORE ABOUT  
MENTAL HEALTH & WELLNESS!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available





Positive Change  
Through Cognitive  
Behavioral Therapy

MAKE THE  
CONNECTION

Link to [maketheconnection.net/whats-new/cbt](https://maketheconnection.net/whats-new/cbt)

**MENTAL HEALTH RECOVERY IS POSSIBLE AND YOU DO NOT HAVE TO BE IN TREATMENT FOREVER!**

**Although, the duration of treatment depends on your needs, there are a growing number of evidence based treatments of moderate duration (12-16 sessions) that show clinically significant results**

Link to [www.treatmentworksforvets.org/](http://www.treatmentworksforvets.org/)

# MENTAL HEALTH MOMENT

LEARN MORE ABOUT  
EVIDENCE BASED TREATMENT!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available



TAKING STEPS TO IMPROVE MENTAL HEALTH CAN HAVE A POSITIVE IMPACT ON OTHER AREAS OF FUNCTIONING!

TRY OUT A NEW RELAXATION PRACTICE HERE:

[www.facebook.com/SanAntonioVAMC/videos/269026967562417/](https://www.facebook.com/SanAntonioVAMC/videos/269026967562417/)

# MENTAL HEALTH MOMENT

LEARN MORE ABOUT  
MINDFULNESS TECHNIQUES!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available



# MENTAL HEALTH MOMENT

---

LEARN MORE ABOUT  
FAMILY SUPPORT SERVICES!

*South Texas Veterans Health Care System*

*Mental Health & Recovery Services*

Central Scheduling: 877-537-7348

New patients: Ask PCP or call (210) 949-3994

\*MH Services available at all sites of care & most primary care clinics

\*TeleMental Health or phone services available

At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue every year

Support from family and loved ones around treatment and recovery as well as support for family and loved ones can make a big difference

Link to [maketheconnection.net/mhm](https://maketheconnection.net/mhm)

Link to [www.nami-sat.org/](https://www.nami-sat.org/)