

Mental Health Checkup

FACTS TO HELP YOU KNOW ABOUT MENTAL HEALTH AND ADDICTION





The way you think and feel affects the way you live and react to things. It can also affect how you relate to people. Mental health is important at every stage of life.

Just like going to your doctor for a physical, your mental health sometimes needs a check-up too. If you or someone you know has a mental illness or a substance abuse problem, you can learn more to get help now.

Addiction

An addiction is an urge to do something that is hard to control or stop. For many, substance and alcohol abuse can happen quickly and lead to addiction before they even know what happened.

Early warning signs of mental illness or addiction

There is no easy way to test or know if you or someone has a mental illness or addiction. Each illness has its own symptoms, but there are some common warning signs of mental illness and addiction.

Thoughts

- Thinking about harming yourself or others
- Always worried or scared
- Having lots of nightmares
- Feeling confused or having trouble thinking
- Feeling sad most of the time

Feelings

- Avoiding family and friends
- Yelling or screaming to be noticed
- Feeling angry and upset a lot of the time
- Mood changes or feeling like nothing matters
- Feeling hopeless, worthless and out of control

Behavior

- Have trouble falling asleep or sleeping
- Sleeping, drinking or eating too much
- Using illegal drugs
- Not able to do daily things like go to school or work
- Stealing money or pills





Take care of yourself

Seek help

Mental illness and addiction can be hard to talk about. It's a very common problem and is not something we can treat ourselves. You can feel better by getting help today.

Talk to those you trust

Open up and talk with your doctor, family and friends about your mental health and/or addiction.

Learn all you can

Teach yourself and others about the facts on mental health and addiction.

Know you can win

Speak up for yourself and others who have a mental illness or addiction.



Help a family member or friend

Talk

Take your time. The person may not be in a place to talk, and that's OK. Being gentle and kind can go a long way.

Offer support

Be patient, provide hope and connect them to help when the time is right.

Be a friend

Respect and be open to their thoughts and feelings.

Get advice

Reach out to get advice on how to help. Talk to a family member, faith leader, school counselor, teacher or coach.

Increase awareness




Speak to others about mental health and addiction. Help those who are having a hard time finding their voice.

Recovery is within reach!

It is a process of change when people improve their health and wellness, manage their life, and make great efforts to live their best life.

Health Net Medi-Cal Members: Health Net offers programs to help our members stay healthy

If you are ready to get help or have questions about our programs and services, call Health Net at **800-675-6110 (TTY: 711)**, 24 hours a day, 7 days a week.

-  **MHN: Need to talk to someone right away?** Call MHN at **800-322-9707 (TTY: 711)**. Crisis support is available 24 hours a day, 7 days a week.
-  **myStrength** – Focus on your mental health is important. myStrength is a private online program to help you to gain and maintain mental and physical health. Sign up at **bh.mystrength.com/hnmedical**. Also available on your phone, download the app.
-  **Health Net Community Connect (Aunt Bertha)** – Find the help you need, at **www.healthnet.com**, go to Health and Wellness, scroll down to Community Connect. Enter a zip code to find local programs, connect to services and apply for benefits.



If you think you have a medical or mental health emergency, call 911 or go to the nearest emergency room right away for help.

Sources and helpful websites:

1. National Alliance on Mental Illness (NAMI), www.nami.org
2. Substance Abuse and Mental Health Services Administration (SAMSHA), www.samhsa.gov.

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