



MENTAL HEALTH

Resource Guide

WHAT IS MENTAL HEALTH?

Mental health refers to a person's emotional, psychological, and social well-being.

- + **Mental health is essential to overall health** – It affects how we think, feel, and act, and also how we handle stress, relate to others, and make choices.
- + **Mental health is not the absence of mental illness** – It includes emotional, psychological, and social well-being.
- + **Depression** is the leading cause of disability worldwide (WHO). It affects more than **280 million people**.
- + **Anxiety** disorders affect about **301 million people** globally (as of 2019), and are among the most common mental health conditions.
- + **Suicide** is the **fourth leading cause of death among 15-29-year-olds** worldwide.
- + **Most common** mental health disorders in adults include **anxiety disorders, depression, bipolar disorder, and post-traumatic stress disorder (PTSD)**.

SIGNS AND SYMPTOMS OF MENTAL ILLNESS:



It can vary from person to person. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal thinking

STATS

More than **one in five U.S. adults live with a mental illness** (59.3 million in 2022; 23.1% of the U.S. adult population).

- National Institute of Mental Health

Nearly **60 million adults (23.08%)** experienced a mental illness in the past year.

- Mental Health America

5.5% of U.S. adults experienced serious mental illness in 2021 (14.1 million people).

- National Alliance on Mental Illness

20.78% of adults were experiencing a mental illness in 2019-2020 (over 50 million Americans).

- Mental Health America

15.35% of adults had a **substance use disorder** in the past year.

- Forbes Health

Risk Factors

Certain factors may increase your risk of developing a mental illness, including:

- A history of mental illness in a blood relative, such as a parent or sibling
- Stressful life situations, such as financial problems, a loved one's death or a divorce
- An ongoing (chronic) medical condition, such as diabetes
- Brain damage as a result of a serious injury (traumatic brain injury)
- Traumatic experience or witnessing a traumatic experience
- Use of alcohol or recreational drugs
- A childhood history of abuse or neglect
- Few friends or few healthy relationships
- A previous mental illness

Mental illness is common. About 1 in 5 adults has a mental illness in any given year. Mental illness can begin at any age, from childhood through later adult years, but most cases begin earlier in life.

PREVENTION

There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control. Follow these steps:



**PAY ATTENTION TO THE
WARNING SIGNS**



**GET HELP WHEN YOU
NEED IT**

Creating Healthy Habits

**PRIORITIZE
SLEEP**

**REGULAR
PHYSICAL
ACTIVITY**

**BUILD SOCIAL
CONNECTIONS**

**SEEK HELP
EARLY**

MENTAL HEALTH RESOURCES

988 Suicide & Crisis Lifeline

Crisis Text Line: Text **NICE** to **741-741**

Substance Abuse and Mental Health Service Administration Helpline:

800-662-4357

The Harris Center for Mental Health and IDD:

The Harris Center for Mental Health and IDD provides adults in Harris County with comprehensive **mental health services**, including therapy, medication management, case management, and psychosocial support. For immediate assistance, a 24/7 crisis line is available at **713-970-7000**.

NAMI Greater Houston:

NAMI Greater Houston offers peer-led **support groups, educational classes, and resources** for adults living with mental health conditions and their families. For immediate guidance or information, contact their Warmline at **713-970-4483** or visit namigreaterhouston.org.

Mental Health Providers for Adults

PROFESSIONAL	CAN DIAGNOSE	PROVIDES THERAPY	PRESCRIBES MEDICATION	SPECIAL NOTES
Psychiatrist (MD/DO)	✓	✓	✓	Medical doctor; treats complex conditions.
Primary Care Physician (PCP)	Basic Screening	Limited	✓	First point of contact; can refer to specialists.
Psychologist (PhD/PsyD)	✓	✓	✗	Provides therapy and psychological testing.
Neurologist (MD/DO)	✓	Limited	✓	Focuses on brain & nervous system conditions.
Psychiatric Nurse Practitioner (PMHNP)	✓	✓	✓	Nurse practitioner with psychiatric training.
Licensed Professional Counselor (LPC)	Within Scope	✓	✗	Provides individual and group counseling.
Clinical Social Worker (LCSW)	Within Scope	✓	✗	Offers therapy & connects to community resources.
Marriage & Family Therapist (MFT)	Within Scope	✓	✗	Specializes in family & relationship therapy.

TIP: Start with your Primary Care Physician if you're unsure which professional to see. They can help guide you to the right level of care.



CRIME STOPPERS OF HOUSTON

3001 Main St.
Houston, TX 77002
(713) 521-4600
www.crime-stoppers.org



How To Report a Tip:



Call 713.222.TIPS (8477)



Use our Mobile App

Download app name: Crime Stoppers Houston



Go to crime-stoppers.org



SafeText

Title Sponsor 

Safety At Your Fingertips



901-4SAFETY

Accessing Free Resources is as Easy as 1-2-3

1

Text "Hi" or
"Hola" to
901-472-3389

2

Visit the Menu
of Services

3

Search by
audience and
topic

Parents: Text "I am a parent looking for **Your Topic Here**"
(ie. Mental Health Resources)

Educators: Text "I am an educator looking for **Your Topic Here**"
(ie. Bullying Prevention Resources)

Community Member: Text "I am a community member
looking for **Your Topic Here**" (ie. Upcoming Events)