NNLM and Mental Health

Presentation prepared for APALA
March 11, 2021
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Associate Director, NNLM PSR
Land Acknowledgment

As a land grant institution, NNLM PSR at the UCLA Library acknowledges the Gabrielino/Tongva peoples as the traditional land caretakers of Tovaangar (Los Angeles basin, So. Channel Islands).
Today we will...

- Introduce the Network of the National Library of Medicine (NNLM)
- Share NNLM, NLM, and NIH mental health resources
- NNLM PSR Update
All the 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
How do I sign up?
nnlm.gov/user/join
NNLM/NLM/NIH Mental Health Resources

- NNLM courses
- MedlinePlus
- National Institutes of Mental Health (NIMH)
- National Center for Complementary and Integrative Health (NCCIH)
Discover NNLM Training Opportunities

By Category
Search or browse classes by broad categories.

By Availability
See all upcoming scheduled, on demand and regional classes.

By Continuing Education Credit
Search for classes accredited for specializations (CHES, CHIS, DIS).

Browse Course Catalog
A complete catalog of scheduled and unscheduled classes from NNLM.

nnlm.gov/training
BLOSSOM!
Building Life-long Opportunities for Strength, Self-Care, Outlook, Morale, and Mindfulness, free virtual symposium

March 24, 25, 26

Register:
blossom.heysummit.com
## Mental Health

### Summary

#### What is mental health?
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

#### What are mental disorders?
Mental disorders are serious conditions which can affect your thinking, mood, and behavior. They may be occasional or long-lasting. They can affect your ability to relate to others and function each day. Mental disorders are common; more than half of all Americans will be diagnosed with one at some time in their life. But there are treatments. People with mental disorders can get better, and many of them recover completely.

#### Why is mental health important?
Mental health is important because it can help you to
- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

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### Stay Connected

Sign up for the My MedlinePlus newsletter 📝

Enter email or phone num 📞 GO

MEDICAL ENCYCLOPEDIA

Learn to manage your anger

Related Health Topics

- Child Mental Health
- How to Improve Mental Health
- Mental Disorders
- Older Adult Mental Health
- Teen Mental Health

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NIH National Library of Medicine
Network of the National Library of Medicine
How to Improve Mental Health
Also called: Boost Emotional Wellness, Improve Emotional Health, Stay Positive

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Why is mental health important?
Mental health is important because it can help you to

- Cope with the stresses of life
- Be physically healthy
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- Realize your full potential

How can I improve my mental health?
There are many different things you can do to improve your mental health, including

- **Staying positive.** It’s important to try to have a positive outlook; some ways to do that include
  - Finding balance between positive and negative emotions. Staying positive doesn’t mean that you never feel negative emotions, such as sadness or anger. You need to feel them so that you can move through difficult situations. They can help you to respond to a problem. But you don’t want those emotions to take over. For example, it’s not helpful to keep thinking about bad things that happened in the past or worry too much about the future.
  - Trying to hold on to the positive emotions when you have them
  - Taking a break from negative information. Know when to stop watching or reading the news. Use social media to reach out for support and feel connected to others but be careful. Don’t fall for rumors, get into arguments, or negatively compare your life to others.

- **Practicing gratitude,** which means being thankful for the good things in your life. It’s helpful to do this every day, either by thinking about what you are grateful for or writing it down in a journal. These can be big things, such as the support you have
Asian American Health

Summary

Every racial or ethnic group has specific health concerns. Differences in the health of groups can result from:

- Genetics
- Environmental factors
- Access to care
- Cultural factors

On this page, you'll find links to health issues that affect Asian Americans.
Feeling overwhelmed? Read this fact sheet to learn whether it’s stress or anxiety, and what you can do to cope.

Is it stress or anxiety?
Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, natural disaster, or act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body’s reaction to stress and can occur even if there is no current threat. If that anxiety doesn’t go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

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<th>Anxiety</th>
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<td>* Generally is a response to an external cause, such as taking a big test or arguing with a friend.</td>
<td>* Generally is internal, meaning it’s your reaction to stress. Usually involves a persistent feeling of apprehension or dread that doesn’t go away, and that interferes with how you live your life.</td>
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<td>* Goes away once the situation is resolved.</td>
<td>* Excessive worry</td>
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<td>* Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.</td>
<td>* Uneasiness</td>
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<td>* Tension</td>
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<td></td>
<td>* Headaches or body pain</td>
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<td></td>
<td>* High blood pressure</td>
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<td>* Loss of sleep</td>
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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 – recording available
National Center for Complementary and Integrative Health (NCCIH)
www.nccih.nih.gov
Tips on Complementary Health Practices

https://www.nccih.nih.gov/health/tips

Decisions about whether to use complementary health practices are important. Learning the results of studies and understanding a therapy's potential benefits, risks, and scientific evidence can help you make those decisions. Our tips can help!

- Consejos a la hora de hablar: Seis aspectos que debe conocer al elegir un profesional de medicina complementaria
- 5 Things To Know About Chronic Low-Back Pain and Complementary Health Practices
- 7 Things To Know About Complementary Health Approaches for Autism Spectrum Disorder
- 5 Things To Know About Mind and Body Approaches for Substance Use Disorders
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
NNLM PSR Update

• Current NNLM RML configuration is 8 RMLs, starting May 1, there will be 7

• Current region covered CA, AZ, NV, HI, U.S. Territories in the Pacific

• Starting May 1, CA will be in an expanded region of AK, CA, HI, NV, OR, WA, U.S. Territories in the Pacific and Freely Associated States in the Pacific
Thank you!
nmody@library.ucla.edu
www.nnlm.gov