



NNLM and Mental Health

Presentation prepared for APALA

March 11, 2021

Nisha Mody (she/her)

Associate Director, NNLM PSR

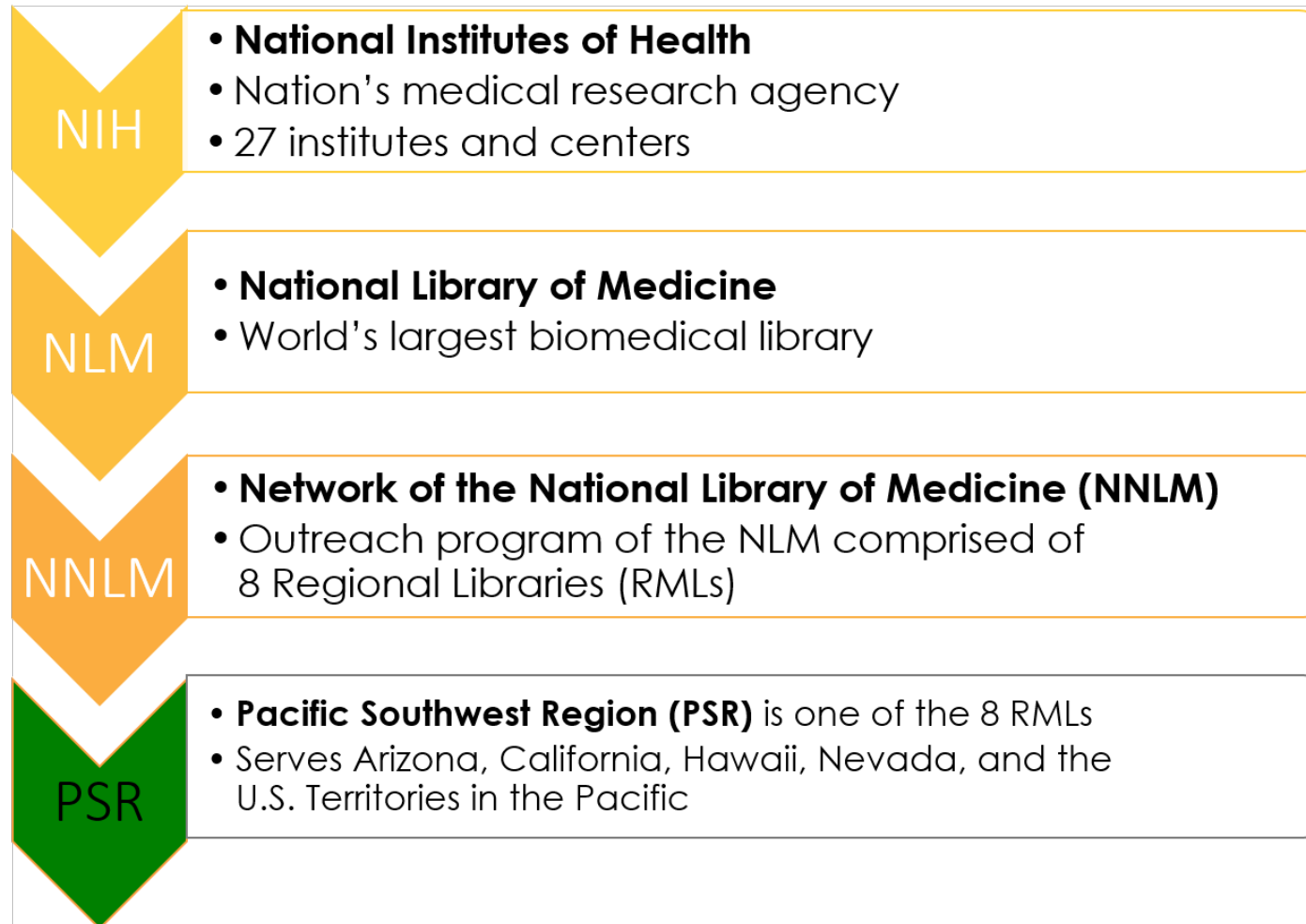
Land Acknowledgment

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!

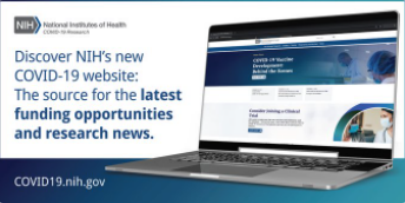


How do I sign up?

Tweets by @NNLMPSR

NNLM PSR
@NNLMPSR

Want access to the latest #COVID19 research information? The new @NIH COVID-19 website is your best resource for #research news, funding opportunities, and open #ClinicalTrials. covid19.nih.gov



34m

Embed View on Twitter

Check out the latest issue of *NIH News in Health*, the monthly newsletter bringing you practical health news and tips based on the latest NIH research.

In this issue, read about reducing stress, sepsis, postpartum depression, smell and taste problems, combating COVID-19, and more!

[NIH News in Health](#)

Stay Informed

- Read [Latitudes](#) newsletter
- Join the [PSR-News](#) announcement list
- Like us on [Facebook](#)
- Follow us on [Twitter](#)
- Watch our [YouTube](#) videos


Quick Links

- [Events Calendar](#)
- [Funding Guide](#)
- [Members Directory](#)
- [Informational & Print Materials](#)
- [Emergency Preparedness & Response](#)
- [Midday at the Oasis](#)
- [NLM Technical Bulletin](#)
- [PSR Reading Club Kit](#)

NNLM User Accounts

NNLM accounts are necessary to register for [classes](#) and edit [Member Organizations](#).

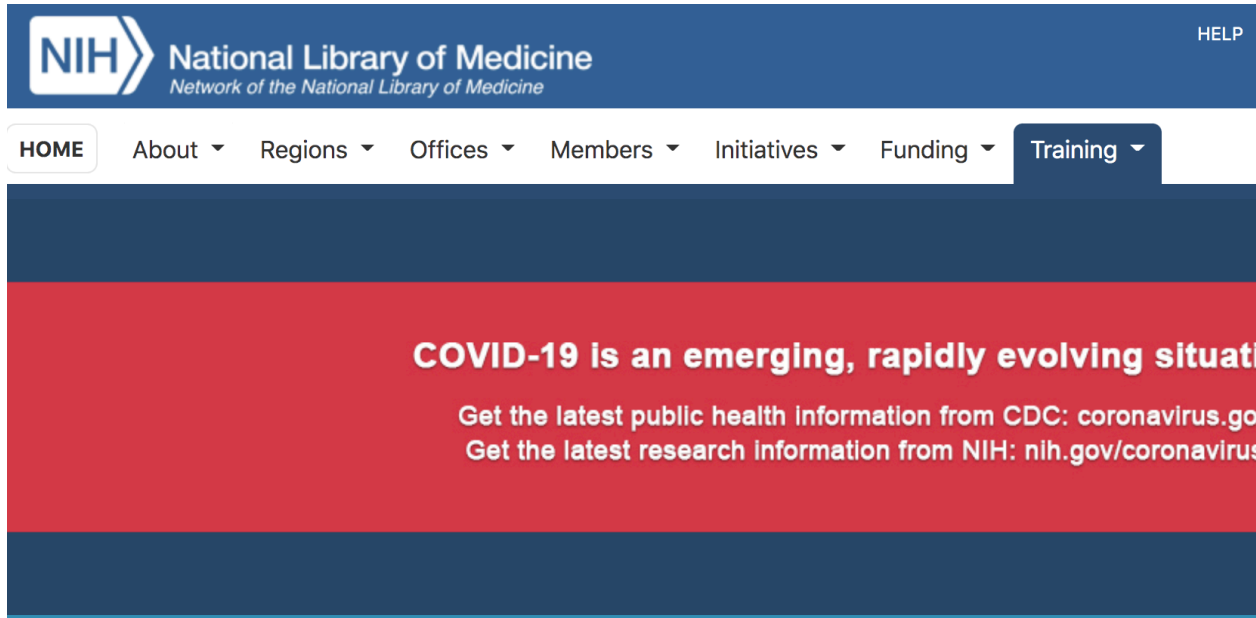
[Create an Account](#)



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)



nnlm.gov/training

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. |

BLOSSOM!
Building Life-long
Opportunities for
Strength, Self-
Care, Outlook,
Morale, and
Mindfulness, free
virtual symposium

March 24, 25, 26

Register:

blossom.heysummit.com



***Building Life-Long
Opportunities for Strength,
Self-Care, Outlook, Morale and
Mindfulness***

March 24 - 26, 2021

MedlinePlus.gov

 U.S. National Library of Medicine



Trusted Health Information for You

[About MedlinePlus](#) [What's New](#) [Site Map](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Genetics](#) [Medical Tests](#) [Videos & Tools](#) [Español](#)



COVID-19 is an emerging, rapidly evolving situation.

Get the latest public health information from CDC: <https://www.coronavirus.gov>
Get the latest research information from NIH: <https://covid19.nih.gov>
Learn more about COVID-19 and you from HHS: <https://combatcovid.hhs.gov>



Health Topics
Find information on health, wellness, disorders and conditions



Drugs & Supplements
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Genetics
From Genetics Home Reference
Explore genetic conditions, genes, and more



Medical Tests
Learn why your doctor orders medical tests and what the results may mean

Share MedlinePlus    



More than 25 million Americans have a rare disease.

Learn more about **rare diseases** and their impact on patients' lives.

1 2 3 4 II

Tweets by @MedlinePlus

 **MedlinePlus.gov** 
@medlineplus

RT @NIDCD: The first 3 years of life are the most important for a child's speech & language development. Newborn hearing screening & early intervention sets kids up for success. Learn more: bit.ly/2rNKXvc #NIDCDinfo

Stay Connected

Sign up for the My MedlinePlus newsletter 

NIH MedlinePlus Magazine

Read the [latest issue](#)

Mental Health Topic

Mental Health

On this page

Basics

- [Summary](#)
- [Start Here](#)
- [Diagnosis and Tests](#)

Learn More

- [Related Issues](#)
- [Specifics](#)

See, Play and Learn

- No links available

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
- [Teenagers](#)
- [Women](#)
- [Older Adults](#)
- [Patient Handouts](#)

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



Stay Connected

Sign up for the My MedlinePlus newsletter

[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](#)

National Institutes of Health

How to Improve Mental Health

How to Improve Mental Health

Also called: Boost Emotional Wellness, Improve Emotional Health, Stay Positive

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](#).

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

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



Stay Connected

Sign up for the My MedlinePlus newsletter [i](#)

 [GO](#)

Related Health Topics

[Mental Health](#)

National Institutes of Health

The primary NIH organization for research on *How to Improve Mental Health* is the [National Institute of Mental Health](#)

Asian American Health

Asian American Health

On this page

Basics

- [Summary](#)
- [Start Here](#)

Learn More

- [Specifics](#)

See, Play and Learn

- No links available

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
- [Women](#)

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.




Stay Connected

Sign up for the My MedlinePlus newsletter [i](#)

GO

National Institute of Mental Health (NIMH) www.nimh.nih.gov

- 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



I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

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

| Stress | Both Stress and Anxiety | Anxiety |
|--|--|--|
| <ul style="list-style-type: none">• Generally is a response to an <i>external</i> cause, such as taking a big test or arguing with a friend.• Goes away once the situation is resolved.• Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. | <p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none">• Excessive worry• Uneasiness• Tension• Headaches or body pain• High blood pressure• Loss of sleep | <ul style="list-style-type: none">• Generally is <i>internal</i>, 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.• Is constant, even if there is no immediate threat. |

1

National Center for Complementary and Integrative Health (NCCIH) www.nccih.nih.gov



Search NCCIH



[Health Info](#) [Research](#) [Grants & Funding](#) [Training](#) [News & Events](#) [About NCCIH](#)



Health Information



Health Topics A-Z



Be an Informed Consumer



For Health Care Professionals



Herbs at a Glance



Pain



Know the Science

Tips on Complementary Health Practices

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



Search NCCIH

Health Info

Research

Grants & Funding

Training

N

[Home](#) > [Health Information](#) > [Tips](#)



Tips on Complementary Health Practices

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