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You Are Not Alone

Prevalence of Mental Health Conditions Nationwide

- 1 in 5 adults in America experience a mental condition.
- Approximately 43.8 million adults experience mental condition in a given year, whether they are recognized/diagnosed or not.
- Nearly 60% of adults with a mental condition in the U.S. did not receive support services in the previous year- 50% applies to youth.
- One-half of all chronic mental conditions begin by the age of 14; three-quarters by the age of 24.

Help can be received by talking with your doctor, connecting with others, reaching out to local/national services, and advocating for mental health awareness.

The Happiness Effect

Mission Statement:

We are a group of college students dedicated to educating the public on matters concerning mental health. We strive to discredit the stigma that society has attached to having a mental illness. Our hope is to open this topic up to discussion, attempt to change the stigma-perpetuating world view about mental health, and encourage individuals with mental conditions to seek the help they need.

Contact Us

Abby Gargiulo

Lindsay Hively

Megan Mansfield

Website:

<https://fightthestigmaofmentalhealth.weebly.com/why-we-fight.html>



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**FIGHT THE MENTAL
HEALTH STIGMA**



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**FIGHT THE
MENTAL
HEALTH
STIGMA**

"Healing takes time, and asking for help is a courageous step." –Mariska Hargitay

Signs to Seek Help

Knowing when and where to seek assistance for a mental health imbalance may be the most difficult step to recovery. Listed below are just a few of many situations that should prompt an individual to reach out for extra support:

- When you have been struggling through a difficult time, causing you to feel “down” for a *long* span of time.
- When feeling a sense of hopelessness, even during situations of low risk.
- When you constantly feel fatigued or have a lack of motivation to perform daily activities.
- When thoughts begin to race, avoiding socialization becomes recurrent, panic attacks are noticed, and anxious feelings arise.
- When self-help strategies become ineffective.
- When you feel ashamed or embarrassed to speak to anyone about your feelings.
- When you feel it’s simply too late to receive help.

Taking this leap may seem intimidating. However, your well-being could depend on it. Do not ignore your suspicions. Instead, recognize your conditions, and explore the resources available to you.

National Helpline Services

These nationwide services are available to the general public as informational internet resources, and provide telephone hotlines for further consultations and assistance.

[Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)

Phone: 800-233-4050

[Anxiety and Depression Association of America \(ADAA\)](#)

Phone: 240-485-1001

[Depression and Bipolar Support Alliance \(DBSA\)](#)

Phone: 1-800-826-3632

[Schizophrenia and Related Disorders Alliance of America \(SARDAA\)](#)

Phone: 240-423-9432



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Services in the Farmville Area

Listed below are outlets for support throughout the local community of Farmville. These services offer in-person appointments, educational websites, and phone numbers for effective communication.

[Crossroads Community Services Board](#)

Crossroads is a community-based organization tending to the adult and children residents of Prince Edward County and beyond. Formed to prevent and treat the occurrence of mental conditions, they focus on the individual's transformation through active participation and peer support. Phone: 1-800-548-1688

[Discovery Counseling Center](#)

Discovery promotes their affordable counseling methods through their partnership with local churches and ministries. Their licensed therapists and registered interns emphasizes a client's personal and spiritual development during the counseling process. Phone: 434-808-2637

[Piedmont Psychological Services](#)

This well established business has partnered with pediatricians, family physicians, and school systems in Central Virginia for almost 20 years. Trained professionals of PSS aim to provide behavioral therapy, psychological testing, educational evaluations, and counseling with the utmost quality. In addition, their services work closely with the students and faculty of Longwood University and Hampden Sydney College. Phone: 434-315-8813

