

# MENTAL HEALTH MATTERS

## It's National Mental Health Awareness Month



### Addressing Stigma

Although the general perception of mental illness has improved in recent years, studies show that stigma against those with mental illness is still powerful, and it affects people's willingness to seek treatment. Individuals with known mental illnesses often face discrimination. Learn how stigma affects individuals, families and our communities and what you can do to address it.

[How Stigma Prevents People From Getting Help](#)

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### 7 Tips for Strengthening Mental Health

Taking care of your mental health today and EVERY day continues to be extremely important! The good news is we've all learned a lot these last few years about how to nurture our mental health. Learn about seven practices that can help you stay mentally strong and resilient as you encounter future stressful life events.

### 7 Lessons for Moving Forward

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## May is PMAD Awareness Month



### What is PMAD?

The most common complication of pregnancy and childbirth is Perinatal Mood and Anxiety Disorders (PMAD), which affects over 23,000 Michigan families each year. PMAD is different and more intense than the “baby blues” and can occur anytime from conception through three years postpartum. Learn more about PMADs, who is at risk, how to provide support, and available treatments.

Sarah DeYoung, LMSW recently appeared on WZZM13 to discuss and offer solutions for PMAD, which affects 1 in 5 pregnant women and moms with infants, as well as 1 in 10 partners.

[Learn More About PMAD](#)

Watch Now: Sarah DeYoung, LMSW on WZZM13

## Awe Reduces Stress & Makes Life Better



Many practices can help reduce stress including exercise, gratitude, breathing exercises and more. Recent studies are showing that experiencing awe has amazing health benefits that include calming down the nervous system. Awe helps us slow down and enjoy experiences we normally hurry through.

[LEARN HOW TO START PRACTICING AWE](#)

## How Substance Use Affects Sleep Quality



Sleep is vitally important to every aspect of our lives. However, when someone uses alcohol or other drug, it can affect how long it takes to get to sleep, the duration of sleep, and quality of sleep. Even after someone stops using a substance, it can take a while to get the sleep cycle back on track.

[Learn More About Substance Use & Sleep](#)

# Meet Grace Fryling, School Therapist



"I love working as a school therapist at Hopkins High School. It's so rewarding to be part of the school community. I appreciate this unique opportunity to provide therapy to students who otherwise may not have access to mental health care and to work with the school to increase mental health awareness and create a supportive environment for students."

Grace Fryling, LMSW is a school therapist through a Pine Rest program that helps place therapists at local school systems. School therapists receive ongoing support and consultation from other Pine Rest school and clinical therapists.

## Upcoming Support Groups & Community Classes



### **WEEKLY: Family Recovery Group**

Cost: No charge for family members who have a loved one participating in detox or intensive outpatient services at the Pine Rest Retreat Clinic. Otherwise, it is open to the public for a fee of \$15/session.

This weekly, virtual group is designed to be a support to individuals that have a loved one struggling with a substance use disorder. Participants will gain an understanding of addiction; as well as learning ways to cope, set appropriate boundaries, build self-esteem, and assertiveness skills. [Learn More.](#)



### **WEEKLY: Exploring Recovery for Adults Support Group**

Cost: \$69 per session.

Focus will be on the group encouraging each other to remain sober and clean along with learning strategies for recovery techniques. Topics will be primarily psychoeducational and will include the stages of change, progression of substance use, identifying triggers and healthy coping skills, and harm reduction skills. [Learn More.](#)



### MAY 16: Family & Friends of Aging Adults Support Group

Cost: No Charge

This month's presenter is Susan Chalgian, from Chalgian & Tripp Law Offices, talking about "What Caregivers Need to Know About Financial Planning: Perspective from an Elder Care Attorney". This group is designed specifically for those who are caregivers to older adults. [Learn More.](#)

### Complete List Of Available Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to [sign up today!](#)

SIGN UP A FRIEND FOR MHM

PROFESSIONAL EDUCATION NEWSLETTER



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