

## Founding of Mental Health America

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Congratulations to Mental Health America (MHA) on the 113th anniversary of its founding. We are proud to be their local affiliate in Suffolk County, joining them in their mission to promote mental health and prevent mental illness through advocacy, education, research, and services.

MHA is a powerful voice for healthy communities throughout the nation. The national office and more than 200 affiliate organizations in 41 states advocate at the state and local levels to ensure that people with mental health conditions get the help that they need. Through the efforts of the Advocacy Network, a group of thousands of individuals who engage in legislative advocacy, they have achieved such victories as the Mental Health Parity and Addiction Equity Act of 2008.

They espouse the Before Stage 4 (B4Stage4) philosophy: mental health conditions should be treated long before they reach the most critical points in the disease process.

They address issues related to the access, effectiveness, and relevance of mental health care for people of color, who face historic disinvestment. They call out racism and other forms of discrimination as a mental health issue.

MHA's priorities for 2022 include:

- Implementation of 988 as the national, three-digit suicide-prevention and mental-health-crisis hotline.
- Increasing mental health education and supports in schools, particularly for youth of color.

Support MHA with a tax-deductible donation:  
<https://mhanational.org/donate-now>.

Learn more about the Mental Health Bell:  
<https://mhanational.org/mental-health-bell>.

#MentalHealth #B4Stage4 #MentalIllness

**Association for Mental Health and Wellness**  
February 19, 2022 · 🌐

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They also promote the [#B4Stage4](#) philosophy: mental health conditions should be treated long before they reach the most critical points in the disease process.

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MHA's priorities for 2022 include:

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Learn more about MHA at: <https://buff.ly/3s1PJrt>, the Mental Health Bell at: <https://buff.ly/3j77w9Q>, or the Association for Mental Health and Wellness at <https://buff.ly/3JDq1Q2>.

[#mentalhealth](#) [#B4Stage4](#) [#mentalhealthawareness](#) [#anxiety](#) [#mentalhealthmatters](#) [#depression](#) [#health](#) [#mindfulness](#) [#wellness](#) [#healing](#) [#therapy](#) [#happiness](#) [#positivity](#) [#psychology](#) [#wellbeing](#) [#behavioralhealth](#) [#recovery](#) [#ptsd](#) [#support](#) [#trauma](#) [#mentalhealthsupport](#) [#mentalwellness](#) [#stress](#) [#mentalhealthadvocate](#) [#hope](#) [#suicideprevention](#)

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of its founding.**

*The mental health bell  
is a symbol of hope.*

ASSOCIATION FOR  
MENTAL HEALTH AND WELLNESS

**We are proud to be  
the local affiliate  
in Suffolk County.**

## Eating Disorders Awareness Week

[View post on Facebook](#)

In the United States, 30 million people will suffer from an eating disorder at some point in their lives. Anyone can develop an eating disorder, regardless of gender, sexual orientation, age, race, ethnicity, culture, size, or socioeconomic status.

Eating disorders aren't fads, phases, or lifestyle choices. They're complex medical and psychiatric illnesses that can have serious consequences for health, relationships, and overall quality of life. Of all mental health disorders, they carry the highest risk for both suicide and medical complications.

The warning signs include:

- Behavior and attitudes in which weight loss, dieting, body size and shape, and control of food are primary concerns
- Refusal to eat certain foods or whole categories of food (for example, no carbs)
- Skipping meals or taking small portions of food at regular meals
- Appearing uncomfortable eating around others
- Food rituals
- Frequent checking in the mirror for perceived flaws in appearance
- Noticeable fluctuations in weight, both up and down

Early intervention, at the first sign of disordered behaviors or attitudes, offers the best hope for recovery. If you have concerns about yourself or a loved one, please seek professional help.

For a free screening, visit [nationaleatingdisorders.org/screening](https://nationaleatingdisorders.org/screening).

#EatingDisorder #anorexia #bulimia #BingeEating  
#NEDAwareness #SeeTheChange #BeTheChange  
#MentalHealth #MentalIllness

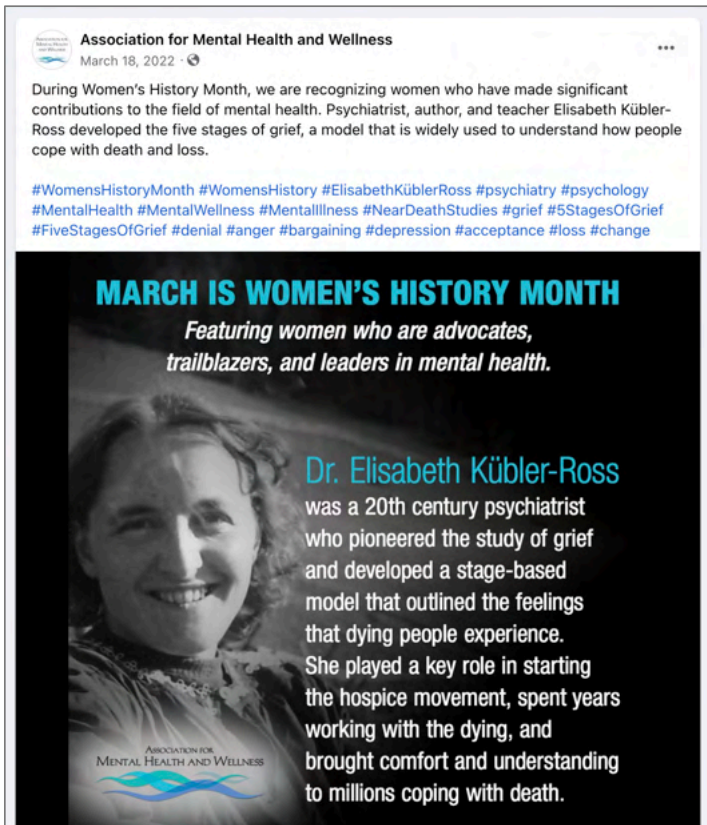
The image shows a Facebook post from the Association for Mental Health and Wellness, dated February 21, 2022. The post text is identical to the content on the left. Below the text is a promotional graphic for 'Eating Disorders Awareness and Screening Week' from February 21-27, 2022. The graphic features a woman's face on the right side. Text on the graphic includes: 'Call or text NEDA: 800-931-2237', the Association for Mental Health and Wellness logo, and contact information: '631-471-7242 ext. 2' and 'helpline@mhaw.org'.

### Women’s History Month—Elisabeth Kübler-Ross

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During Women’s History Month, we are recognizing women who have made significant contributions to the field of mental health. Psychiatrist, author, and teacher Elisabeth Kübler-Ross developed the five stages of grief, a model that is widely used to understand how people cope with death and loss.

#WomensHistoryMonth #WomensHistory #ElisabethKublerRoss #psychiatry #psychology #MentalHealth #MentalWellness #MentalIllness #NearDeathStudies #grief #5StagesOfGrief #FiveStagesOfGrief #denial #anger #bargaining #depression #acceptance #loss #change

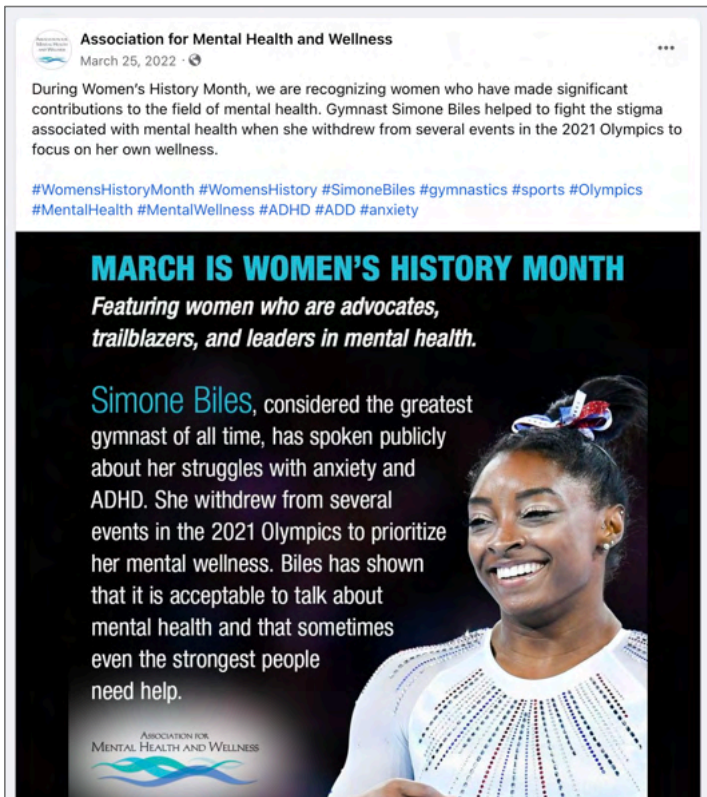


### Women’s History Month—Simone Biles

[View post on Facebook](#)

During Women’s History Month, we are recognizing women who have made significant contributions to the field of mental health. Gymnast Simone Biles helped to remove stigmas about mental illness when she withdrew from several events in the 2021 Olympics to focus on her well-being.

#WomensHistoryMonth #WomensHistory #SimoneBiles #gymnastics #sports #Olympics #MentalHealth #MentalWellness #MentalIllness #ADHD #anxiety





## Mental Health Month

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Dealing with stress is a part of life. When stress is consistently high—either because you are unable to relieve it or because you are constantly facing stressful situations—it can have negative effects on your mental and physical health.

Coping skills are activities or strategies that help you manage stress. No one thing works for everyone. It might take a few tries to figure out what works for you. Some examples are:

- Meditation
- Physical activity
- Reading
- Spending time with friends
- Engaging in your hobbies

It's Mental Health Month! We are holding many fun events that will provide opportunities for stress relief. Go to <http://www.mhmonth.org> to find out more.

#BackToMHBasics #MentalHealthMonth #MHM2022  
#ShineALightOnMentalHealth #BackToBasics #MHMonth  
#MHMonth2022

