

Mental Health Checklist



What is mental health?

Mental health is the emotional, psychological and social well-being of a person.

Mental health can affect:

- how a person thinks and acts
- how a person feels
- how a person reacts to certain things, especially stress
- a person's relationships with others
- how a person makes choices.

Poor mental health can affect persons of any age, race, religion, or income. It is not the result of personal weakness, lack of character, or poor upbringing. Support, services, and treatment can help people experiencing poor mental health and help them feel better.

Good mental health is having the ability to form supportive relationships with others, handle positive and negative emotions, and the ability to learn and adapt to changing life circumstances.

What are some signs of distress?

Signs of distress include but are not limited to:

- Eating or sleeping too much or too little
- Disconnecting from people, isolation and being alone
- Having low or no energy, or always tired
- Feeling like nothing matters, feeling numb, or that no one cares
- Feeling worthless or like a burden to others
- Smoking, drinking, or using drugs more than usual
- Losing interest or pleasure in usual hobbies and activities
- Irritability and/or anger, easily frustrated
- Changes in sex drive

Mental health problems can begin during childhood. Because children are still learning how to identify and talk about their thoughts and feelings, their symptoms are often displayed through changes in behavior. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid going to bed or school
- Overactive, restless behavior or the inability to concentrate
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

What can people do to maintain mental health?

There are a variety of activities, services, supports, and treatments that can help people balance, maintain, or improve their mental health. These include:

- Counseling
- Medications
- Social support,
- Assistance with housing and jobs

The type of treatment and services that will help depends on the person's wellness goals, culture, mental health problem, and symptoms. Many people see improvements in their mental health after they receive help.

Who can you
talk to about
your mental
health?

Look for someone you can trust, who is a good listener and non-judgmental, and who is familiar with the healthcare system and community resources.

- Can you talk to your primary care doctor?
- Is there a family member or good friend you can talk to?
- Is there a community leader or faith leader you can talk to?

I would be comfortable talking to:

(write down the name of someone who could support you).

Need help now? Available 24/7

The Behavioral Health Help Line (BHHL) is available 24 hours a day, 365 days a year by phone **call and text at 833-773-2445 (BHHL)**, and online **chat at masshelpline.com**.

MASSACHUSETTS
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HEALTH
HELP LINE**

Massachusetts Behavioral Health Help Line FAQs

- The Behavioral Health Help Line (BHHL) The BHHL connects people to treatment in their community, including one of the new Community Behavioral Health Centers (CBHCs) across the state. The BHHL uses a comprehensive directory of mental health and substance use treatment providers.. Call for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.
- **The BHHL is FREE and available to everyone in Massachusetts**, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC), individuals who are Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English.
- The BHHL is staffed by trained clinicians and certified peer specialists to support every caller's needs. A trained, caring staff member will work with you to figure out what treatment may be helpful to you and will help you navigate the process. They will stay on the line with you until you have been connected to the help that best fits your individual needs.
- Every call, text, or chat conversation includes follow up by trained clinicians, and staff. They will follow up with you afterward to make sure that your needs are being met.
- The BHHL is available in more than 200 languages. Individuals who are Deaf or hard of hearing can also use the BHHL by contacting MassRelay at 711.
- You can call to get help for yourself or for someone you care about, including children and other family members.