



# **Mental Health in Libraries**

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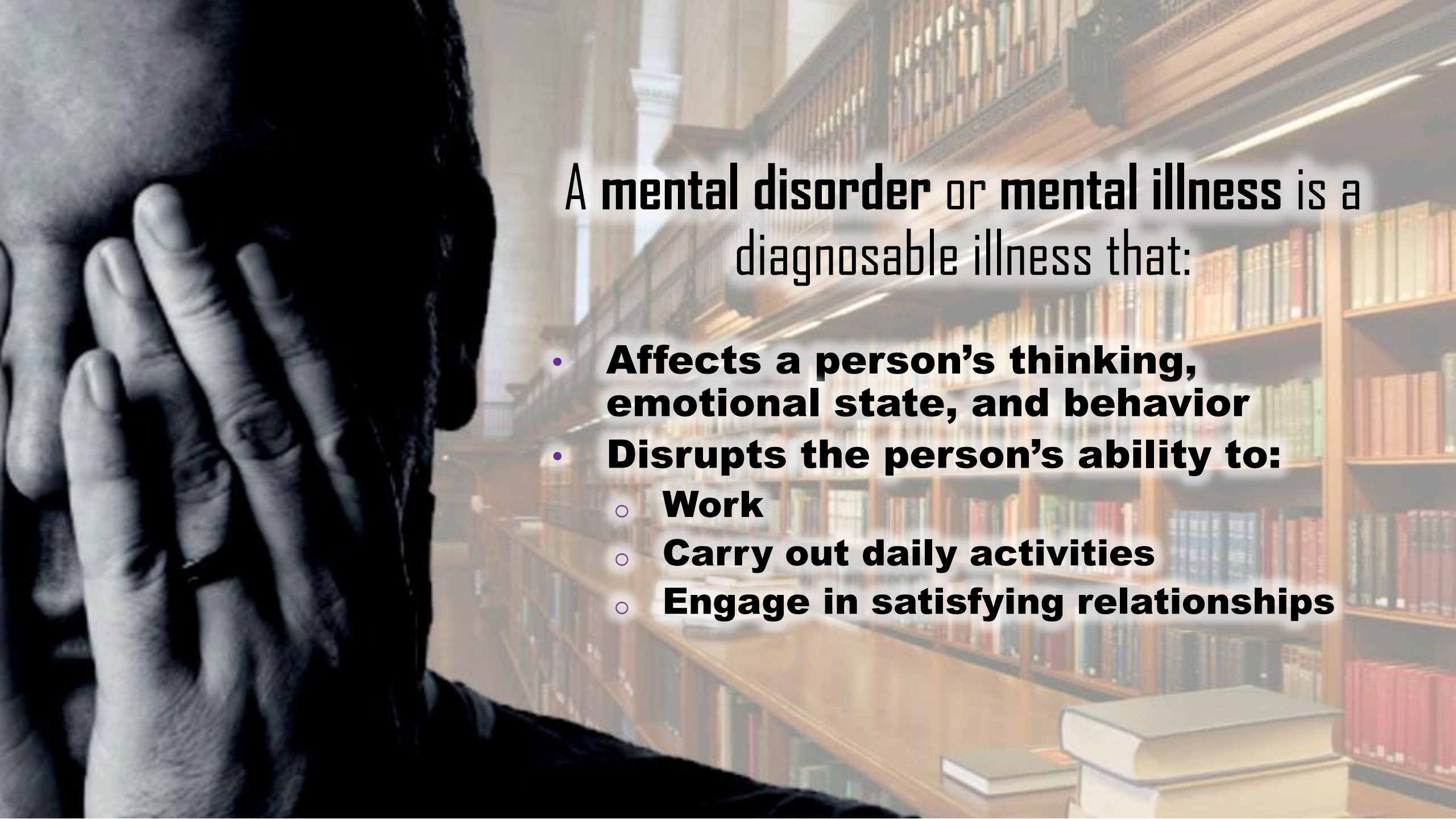
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# Agenda

- **What is a mental illness?**
- **Mental Health Problems in the United States**
  - **Understanding Some of the Common Mental Health Disorders**
  - **Mental Health in Libraries**
- **Mental Health in Libraries Action Plan**

A composite image featuring a person on the left side, shown in profile, covering their face with their hands in a gesture of distress or despair. The background is a blurred image of a library with tall wooden bookshelves filled with books. The overall tone is somber and contemplative.

**A mental disorder or mental illness is a diagnosable illness that:**

- **Affects a person's thinking, emotional state, and behavior**
- **Disrupts the person's ability to:**
  - **Work**
  - **Carry out daily activities**
  - **Engage in satisfying relationships**

A black and white photograph of a person's face, partially obscured by their hands covering their eyes and forehead. The background is a blurred image of a library with bookshelves filled with books.

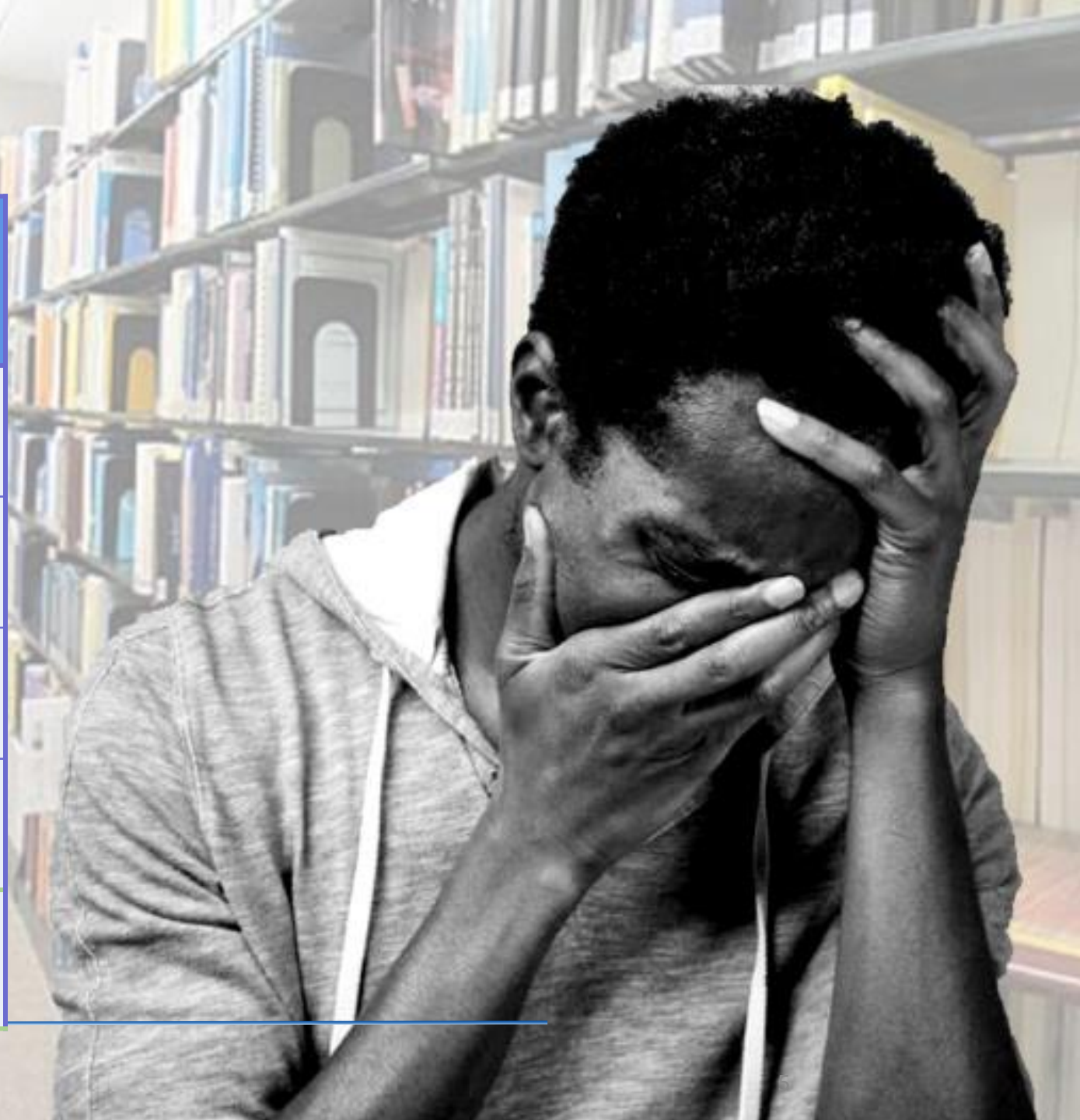
## U.S. Adults with a Mental Disorder in Any One Year

Type of Mental Disorder	% Adults
Anxiety disorder	18.1
Major depressive disorder	6.8
Substance use disorder	8.1
Bipolar disorder	2.8
Eating disorders	5-10
Schizophrenia	0.3 - 0.7
<b>Any mental disorder</b>	<b>18.5</b>

*Only 41% of people with a mental illness use mental health services in any given year*

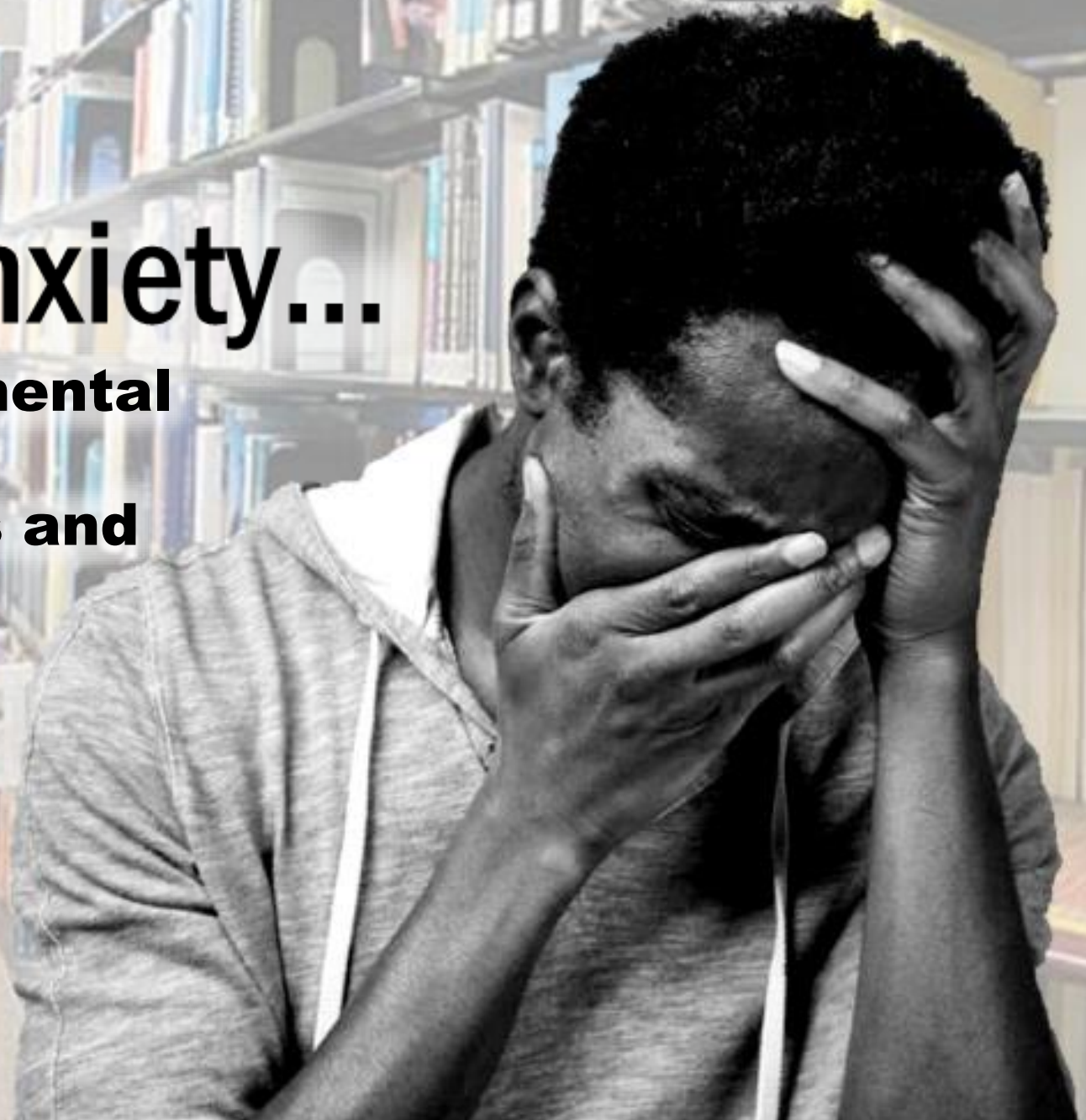
# U.S. Youth with a Mental Disorder During Adolescence (Age 13-18)

	Prevalence (%)	With severe impact (%)
Anxiety disorders	31.9	8.3
Behavior disorders	19.1	9.6
Mood disorders	14.3	11.2
Substance use disorders	11.4	n/a
<b>Overall prevalence (with severe impact)</b>		<b>22.2</b>



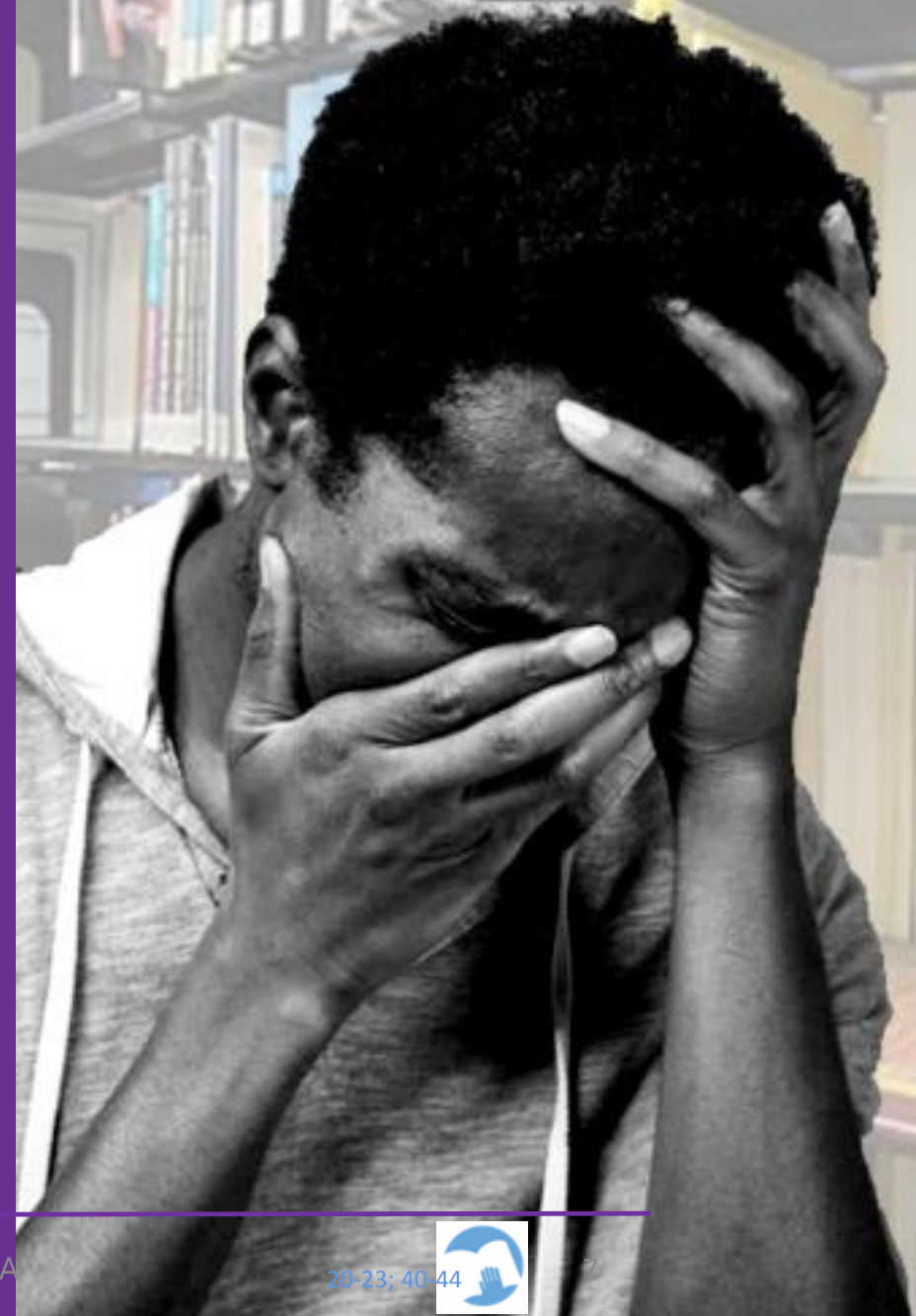
# Depression & Anxiety...

- **Are the most common mental illnesses**
- **Have some similar signs and symptoms**
- **Frequently co-occur**



## Depression

- Major depressive disorder lasts for at least 2 weeks and affects a person's
  - Emotions, thinking, behavior, and physical well-being
  - Ability to work and have satisfying relationships
  - Ability to carry out usual daily activities



A young man with dark skin and short black hair is shown in a library, sitting on the floor and covering his face with his hands in a gesture of despair or pain. He is wearing a grey hoodie. The background consists of long aisles of bookshelves filled with books, creating a sense of isolation. The lighting is soft and somewhat dim, contributing to a somber atmosphere.

**The Pain of**  
**Depression: A**  
**Journey**  
**Through the**  
**Darkness**





## DEPRESSION

# Depression: Signs and Symptoms

### Physical

- Fatigue
- Lack of energy
- Sleeping too much or too little
- Overeating or loss of appetite
- Constipation
- Weight loss or gain
- Headaches
- Irregular menstrual cycle
- Loss of sexual desire
- Unexplained aches and pains

### Behavioral

- Crying spells
- Withdrawal from others
- Neglect of responsibilities
- Loss of interest in personal appearance
- Loss of motivation
- Slow movement
- Use of drugs and alcohol



## DEPRESSION

# Depression: Signs and Symptoms

### Psychological

- Sadness
- Anxiety
- Guilt
- Anger
- Mood swings
- Lack of emotional responsiveness
- Feelings of helplessness
- Hopelessness
- Irritability
- Frequent self-criticism
- Self-blame
- Pessimism
- Impaired memory and concentration
- Indecisiveness and confusion
- Tendency to believe others see one in a negative light
- Thoughts of death and suicide

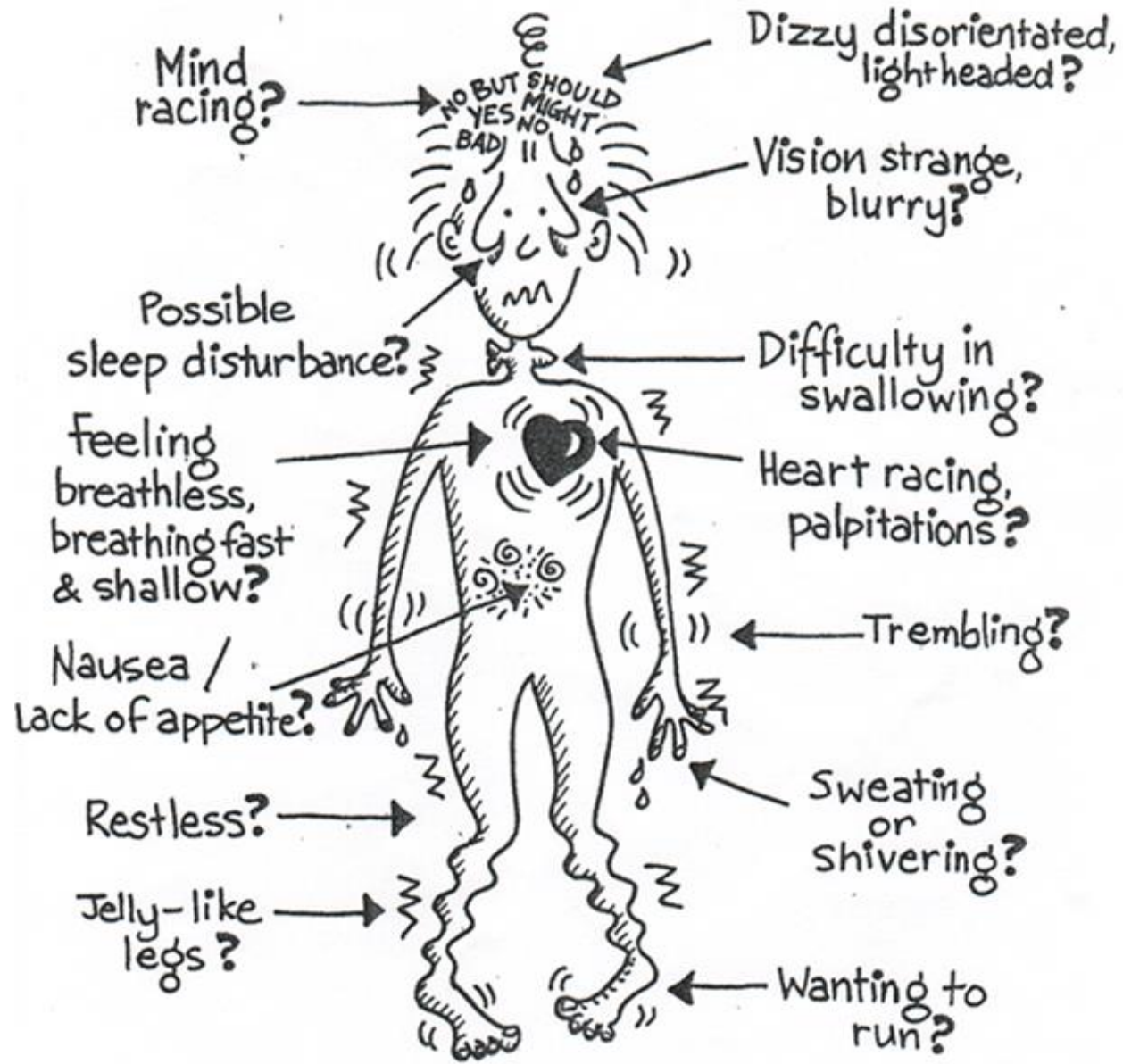
**MENTAL HEALTH FIRST AID USA**

- Major depressive disorder
- Bipolar disorder
- Postpartum depression
- Seasonal depression

# Anxiety

- Anxiety disorder differs from normal stress and anxiety
- The symptoms of an anxiety disorder are more severe and can cause impairment in daily life (i.e.. Work, relationships)

**MENTAL HEALTH FIRST AID USA**



*Shaky Man is taken from the book by Bev Aisbett (1993) "Living with IT: A Survivor's Guide to Panic Attacks"*

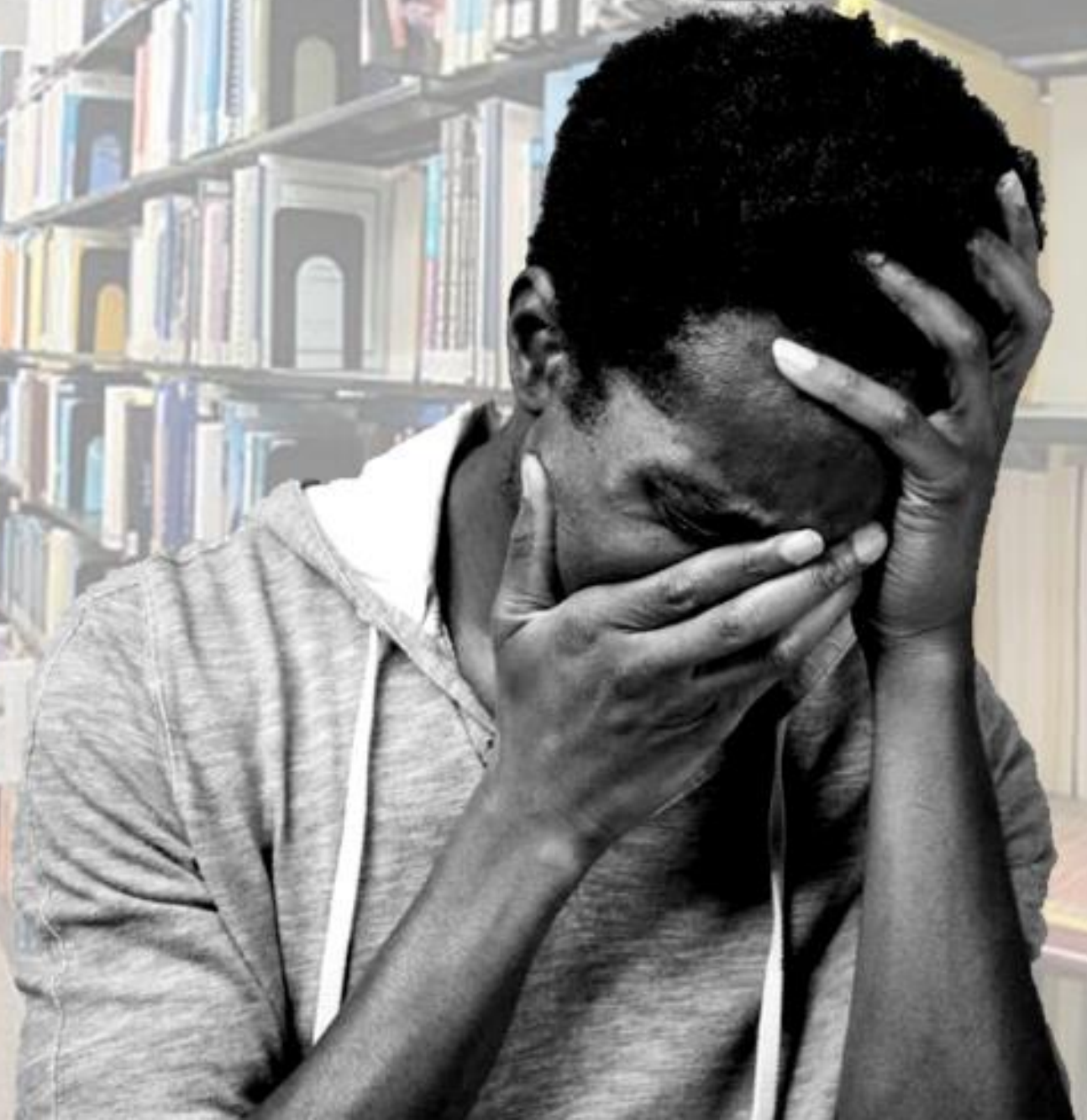
## Recovery from Mental Illness

“Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.”

“For some, this is the ability to live a fulfilling and productive life despite a disability.”

“For others, recovery implies the reduction or complete remission of symptoms.”

— *President's New Freedom Commission on Mental Health*






# The role of the library in mental health

## Micro level

- Advertisements for mental health groups
- Book displays
- Book groups highlighting mental health conditions
- Guest speakers
- Inclusive environment
- Resiliency



# The role of the library in mental health

## Mezzo level

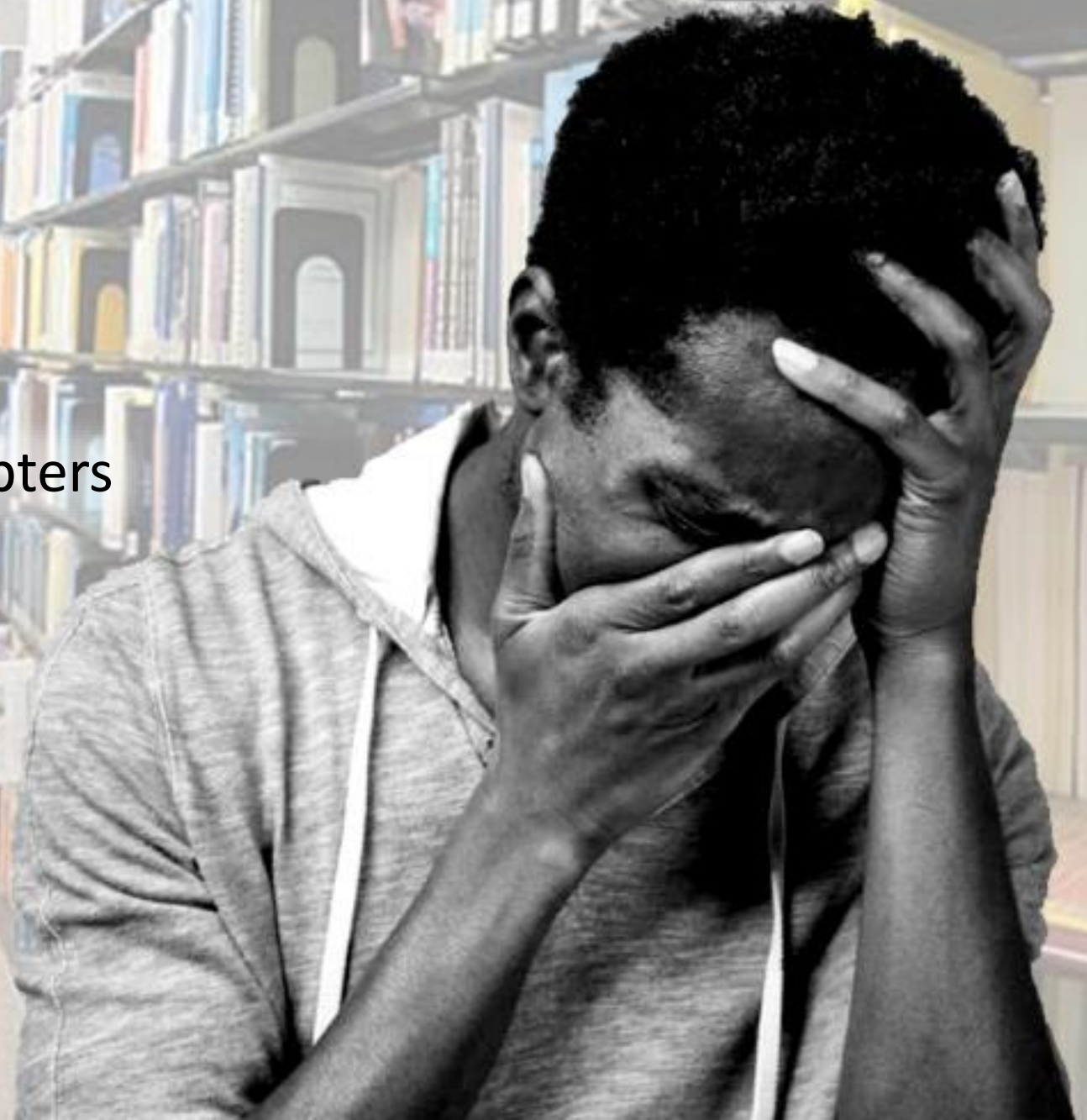
- Staff training and in-service days
- Establish connections with service providers
- Deeper understanding of mental health
- Support groups



# The role of the library in mental health

## Macro level

- Advocacy
- Local, State, National NAMI chapters
- Events
- Conferences
- Research



# The library and protective factors

Decrease the likelihood of an adverse condition occurring

What can we do?

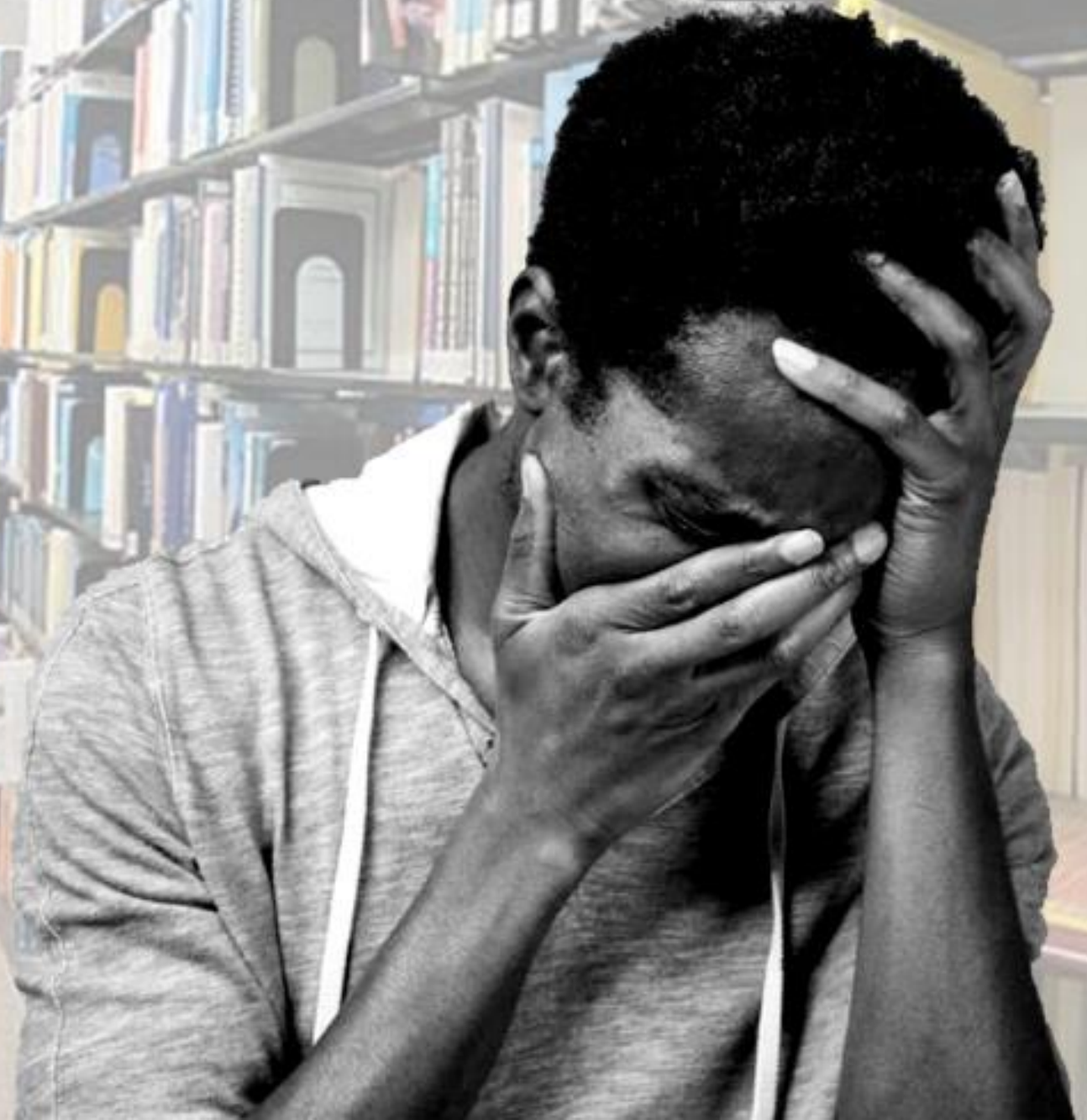
Start with the little things

- Say Hello
- Learn names



# The library and protective factors

- Access to information across the lifespan
- Provision of low cost leisure activities
- Increased socialization “prosocial activities”
- Role modeling
- Life skills
- Trust





# Thinking about work...

Co-worker and community concerns

- Grief
- Financial concerns
- Life changes
- Tragedies

A woman with curly hair is shown in a library setting, covering her face with her hands in a gesture of distress or grief. The background features bookshelves filled with books and a study table with papers. The text "What is Your Mental Health in Libraries Action Plan?" is overlaid on the image.

# **What is Your Mental Health in Libraries Action Plan?**

**Thank you for attending our session**

