The Leaf

May is …
National Mental Health Awareness Month

It's estimated that 1 in 5 American adults lives with a mental disorder — in fact, four mental disorders (major depression, bipolar disorder, schizophrenia, and obsessive compulsive disorder) appear on the list of the top 10 disability-causing conditions.

There's more hope than ever for these 44 million people, with treatments becoming more available and stigma decreasing by the day. Still, it's easy to put mental health on the back burner, especially if you're a student. These resources and tools can help you prioritize your health.

Prevalence of Any Mental Illness Among U.S. Adults (2014)

Data courtesy of SAMHSA
NIH National Institute of Mental Health
*NH/OPI = Native Hawaiian/Other Pacific Islander
**AI/AN = American Indian/Alaska Native
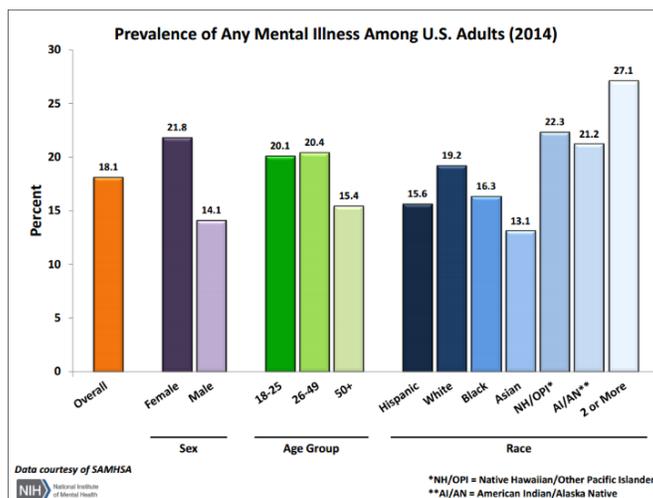
OU Health & Counseling: This on-campus office provides a variety of mental health services, including personal and group counseling. Visit them in Cunningham Hall to make an appointment, or give them a call at (256) 726-7840.

MoodTools: Designed for people feeling sad, anxious, and/or depressed, this free app draws from cognitive therapy and behavioral action therapy to train users to track their moods, analyze their thoughts, and formulate plans for improvement.

NAMI: The National Association of Mental Illness has resources for disclosing your illness to others, treatment FAQs, guides for faith leaders, discussion groups, and more.

NAMI National Alliance on Mental Illness

CRISIS TEXT LINE

Crisis Text Line: If you're feeling suicidal, overwhelmed, or otherwise in crisis, text "START" to 741-741 to connect with a trained crisis counselor. If you prefer talking to texting, dial the National Suicide Prevention Lifeline at 1-800-273-8255.

Find out more about the library at oakwood.edu/library and evabdykeslibrary.wordpress.com.

Meet Your Librarians:
Paulette Johnson

Rebecca Brothers

If your major is listed to the left, Ms. Brothers is your librarian. She is new to Oakwood, having moved here last July from Seattle, where she attended the University of Washington's Information School. Before that, she studied English literature at Walla Walla University. Her favorite thing about Oakwood is the warm welcome she's received.

- **Education**

- **Nursing**
- **Allied Health**
- **Health & Exercise Science**