



End the Stigma: Mental Health is Part of Your Physical Health

More than 43 million adults in the United States experience mental illness in a given year, but only half of them will receive treatment. The average amount of time before intervention after symptoms are noticed is 8 to 10 years. Most people don't seek treatment because of fear of stigma.

Stigmatization of mental health treatment is typically what prevents people from seeking help. There are different treatment options for mental health issues, including medication and therapy. If you think you may need some help, talk with your health care provider about what option is best for you. If you don't have a provider, Wood County Community Health Center is taking new patients and offers behavioral health integration into your primary care.

Don't let the fear of being labeled with a mental illness prevent you from seeking help. Talk openly about what you are experiencing. Treatment can help reduce symptoms and provide coping skills for issues that are interfering with your life.

Whatever your thoughts are about mental health treatment, make sure you are not contributing to the stigma of mental illness.