The Eight Dimensions of WELLNESS

Emotional
Developing skills and strategies to cope with stress.

Environmental
Good health by occupying pleasant, stimulating environments that support well-being.

Financial
Satisfaction with current and future financial situations.

Intellectual
Recognizing creative abilities and finding ways to expand knowledge and skills.

Social
Developing a sense of connection and a well-developed support system.

Physical
Recognizing the need for physical activity, diet, sleep, and nutrition.

Spiritual
Search for meaning and purpose in the human experience.

Occupational
Personal satisfaction and enrichment derived from one's work.

Communication among mental health consumers, professionals, and primary care providers about health information is essential to overall wellness.

THE 10X10 WELLNESS CAMPAIGN
To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 years. To find out more about the 10x10 Wellness Campaign, visit http://www.10x10.samhsa.gov

For information, contact:
SAMHSA 10x10 Wellness Campaign
1 Choke Cherry Road, Room 2-1007
Rockville, MD 20857
10x10@samhsa.hhs.gov

Healthy Minds, Healthy Lives:
12 Questions Everyone Should Ask About Their Mental Health

☐ Do I often seem sad, tired, restless, or out of sorts?
☐ Do I spend a lot of time alone?
☐ Have low self-esteem?
☐ Have trouble getting along with family, friends, and peers?
☐ Have frequent outbursts of shouting, complaining, or crying?
☐ Have trouble performing or behaving in school?
☐ Show sudden changes in eating patterns?
☐ Sleep too much or not enough?
☐ Have trouble paying attention or concentrating on tasks like homework?
☐ Seem to have lost interest in hobbies like music or sports?
☐ Show signs of using drugs and/or alcohol?
☐ Talk about death or suicide?

If you answered yes to four or more of these questions, and these behaviors last longer than 2 weeks, talk to your doctor and get help.

You are not alone. There is hope. Get help.

Adapted from Your Child’s Mental Health: 12 Questions Every Parent Should Ask by U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration Center for Mental Health Services www.samhsa.gov
SUICIDE WARNING SIGNS

TALK
- Being a burden to others
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves
- Feeling trapped

MOOD
- Depression
- Loss of interest
- Irritability
- Rage
- Humiliation
- Anxiety

BEHAVIOR
- Increased use of alcohol or drugs
- Acting recklessly
- Withdrawing from activities
- Looking for a way to kill themselves, such as searching online for materials or means
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
NATIONAL SUICIDE PREVENTION LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org
BECAUSE LIFE CAN BE PRETTY
MESSED UP
SOMETIMES.

YouthLine
A SERVICE OF linesforlife
Need help?  

let’s talk.  

4-10pm daily  

Talk 877.968.8491  

Text “teen2teen” to 839863  

Chat OregonYouthLine.org  

We listen. We support. We keep it to ourselves.