

Column: 21 Mental Health facts that can help your loved ones

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I dealt with fear and anxiety for over twenty years and there are 21 facts that I discovered during my mental health struggles that can help anyone who struggles with fear and anxiety.

Knowing these important mental health facts can save someone you know a lot of time and money in the long run.

1. Getting help for your mental health is the best thing you can do.
2. Ignoring your mental health issues will only prolong the problem.
3. Running away from your mental health issues does not work.
4. There is no such thing as a quick fix when it comes to your mental health.
5. There is nothing wrong in asking for assistance for your anxieties and stresses.

6. Your situation is not hopeless regardless of what you may think.
7. Focus on your recovery rather than trying to please others.
8. Go to the nearest hospital if you are experiencing a mental health crisis.
9. Your mental health is just as important as your physical health.
10. You have to make an effort in finding the answers to your mental health issues.
11. Focus on the facts of your situation rather than your fearful thoughts.
12. Joining a support group is a great way of finding people who can relate to you.
13. Follow the advice from the professionals, rather than your friends.
14. Do not try to manage your mental health problems all by yourself.
15. Determine the source of your anxieties and then find ways to overcome them.
16. Do not make assumptions regarding your current mental health situation.
17. Do not underestimate the power of God when it comes to your mental health.
18. Learning from your past mental health experiences will help you in the present.
19. Drugs and alcohol are not the answers. They just make things worse.
20. It takes practice in managing your mental health. Be patient but persistent.
21. Do not be afraid to ask questions when dealing with your mental health.

If you happen to struggle with fear, anxiety, or any other mental health related issues, it is important to admit that you have a problem and get some help.

Your doctor or other medical professionals in your area will know of some qualified mental health professionals who can give you some assistance.

The key to overcoming your mental health issues is to “learn” effective techniques to manage your anxieties and stresses and “applying” these skills to your life. The best way to learn these techniques is by talking to a mental health professional.

Everyone deals with stress and anxiety sometime in their life. You are not alone and there is nothing wrong with asking someone for advice on how to deal with these mental health related issues.

BIOGRAPHY

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>

