



Sunrise Update

JANUARY 31, 2017

Mental Health First Aid

Mental Health First Aid courses are offered throughout the year, providing education and tools to assist those developing a mental health problem or experiencing a mental health crisis. The program does not teach people how to be therapists but it teaches how to recognize the signs and symptoms of mental health problems, provide initial help and guide a person towards appropriate professional help.

For more information and course availability, call Kara at 306-786-0576 or email

kara.molnar@shr.sk.ca

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Mental Health + Physical Health = Balanced Living

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance. Emotional and mental stress can be just as debilitating as physical stress.

The interesting thing with mental illness is that it is a condition, generally a biological condition, where neurotransmitters aren't "firing" correctly. It's very real. It's very treatable. It is comparable to having diabetes or heart disease and having to find ways to cope with the condition. Statistically, 1 in 3 Canadians will have some mental health difficulty within their life. Kara Molnar, Registered Psychiatric Nurse with Mental Health & Addictions Services based in Yorkton, states her job as a therapist is to help people change and evaluate their thinking and, at times, some will also need medication to help.

Mental health is all-reaching, regardless of walk of life, social or economic status, environments or life experiences. It can affect anyone and is an equal opportunity condition. There are many misnomers where people think, "Well, I'm just stressed, that's not mental health". That is mental health. When people say, "Well, I'm just kind of feeling down," or, "I'm feeling kind of anxious," those are all part of the mental health continuum of how we feel and people don't have to suffer. For example, anxiety and depression can be very common and very debilitating at times for people and there is help available for those who seek it out. People can make amazing changes with the right tools, sometimes with the right medication, in changing the way they feel and changing their level of stress and how they experience life events. End the stigma surrounding mental illness simply by talking about it honestly and without judgment. You can be referred to Mental Health Services by your family but you can also self-refer. **If you would like to talk to somebody about mental health services in the region, call 306-786-0558 or toll free at 1-888-989-8444.** If you are looking to work with someone, the intake worker who takes your call will point you in the right direction.

Staying mentally healthy is like staying physically fit – it requires a little effort every day. Overall health is not a "one-size fits all" approach but it is a way we can all look after our own well-being by understanding that both play a role in our health today and into the future. Take the time ... you're worth it!