

## Here are some ideas for better mental health:

- Family can help your mental health by supporting your life choices. They can also encourage your interests.
- Friends are the people you can count on in a crisis. They make you laugh and are there just to listen.
- Other relationships include your faith leader, teacher, or counselor. You can confide in this person and talk with him or her about your concerns. Pets can keep you company and give you comfort.
- Clubs can get you out and talking to other people. A book club, service club, bridge club, or other social groups are all good ways to stay in touch.
- Community events, like celebrating your culture, volunteering in your neighborhood, or coaching youth sports can also be helpful.
- Exercising is good for your body and your mental health. Sometimes finding others to join you — a walking buddy, exercise class, or dance group — can help keep you going.
- Relaxing is a good way to protect your mental health. Practice yoga, Tai Chi, or meditation. Take breaks to talk to workmates or friends. Take time out just for yourself — even just a few minutes a day.
- Enjoying life is very important. Take a bubble bath, visit your favorite park, play music, enjoy a crafts project, or have a pedicure. Make sure to fit fun and stress free things into your life.
- Take time off from work or family. Find ways to really relax and enjoy yourself.

### Our Vision:

To hold ourselves accountable for premier customer service, employee growth and industry leadership.  
To be one of the most productive, efficiently managed and financially responsible corporations in Southeastern New Mexico.  
To be recognized as one of the Top 100 Employers in the nation.

### Our Values:

Respect & dignity for each client and employee  
Ethical business & professional practices  
Respect for client privacy  
Strong work ethic  
Life/work balance  
Safe & harassment free environment  
Financial responsibility  
Responsible to civic duty & community needs



## Carlsbad Mental Health Center

◆◆ Serving Eddy County Since 1985 ◆◆

In Association with Presbyterian Medical Services /  
Carlsbad Family Health Clinic

914 N. Canal  
Carlsbad, NM 88220  
(575) 885-4836

### CRISIS LINE

(575) 885-8888

**milestones**  
wellness center ■■■■■  
*recovery begins here*

In Association with Presbyterian Medical Services /  
Artesia Health Resources

1700 W Main  
Artesia, NM 88210  
(575) 746-8890

### CRISIS LINE

(575) 365-7606

[www.cmhcnm.com](http://www.cmhcnm.com)

*Walk-ins welcome*

## Women's Mental Health



Women's mental health touches the lives of almost everyone either directly or through the women we love

Our Mission:  
To Enhance, Change  
and Save Lives!

There is no need to struggle alone.



Seeking treatment for mental illness is not a sign of weakness. It is a sign of strength, and is the first step on a path to recovery.

### Help for mental health problems is available.

If you feel out of control or feel like a mental health problem keeps you from enjoying life, ask for help.

People with mental illness often do not seek help when they need it. Or they may delay seeking treatment for years. They suffer while it could be avoided. Only 2 in every 5 people with a mental health problems seek a doctor's help when symptoms first appear. For some, it's because they feel ashamed. Others don't recognize that mental illness is a real, treatable illness. Still other people with mental health problems do not know where to get help or how.

Treatments can help you feel better and enjoy your life again. The best treatment depends on the type of problem you are facing. It may be one-on-one talk therapy. This is when you talk with a therapist or counselor alone. Your doctor may prescribe medicine to help control or reduce your symptoms. Or your doctor may suggest both medicine and talk therapy.

Good mental health helps you enjoy life and cope with problems. It offers a feeling of well-being and inner strength. Just as you take care of your body by eating right and exercising, you can do things to help protect your mental health. Being able to recognize and talk honestly about your mental health is the first step.

*"Good mental health isn't just the absence of mental health problems. It's about having a sense of balance in your life —time alone and time with friends and family, work and play, rest and exercise. It's about taking care of yourself— body and mind."*

## Good mental health is an important part of a woman's overall health.

### Mental health is hard to talk about.

Although it is easy to talk to our doctor, our family, or our friends when we are sick or hurt, we might prefer to keep mental health problems a secret. It isn't hard to see why. There is still shame associated with mental illness. We fear what we do not understand. Family and culture can sometimes block the way when we need help for mental health problems. The way we were raised often shapes how we express feelings. We sometimes feel uncomfortable talking about problems outside our family – or even within our family.

In some families, talking about your feelings or seeking help is considered taboo. In many cultures, mental illness is something that you don't discuss. For these reasons, women can feel that if they discuss their mental health with a professional, they are being disloyal to their families or showing a sign of personal weakness. But taking care of your mental health is too important to ignore, even if it embarrasses others close to you.

Your mental health is just as important as your physical health. In fact, new research is showing us how closely the two are connected. Taking care of your mental health can help you feel better physically. And taking care of your body is important for your mental health.

### Your mental health is important to others.

Other people depend on you and your well-being. Your mental health affects how you act with family and friends. It affects your work home and . Taking care of your mental health is important to the people around you.

### Being able to "bounce back" is part of good mental health.

No one chooses to be mentally ill. And no matter what you do to prevent it, sometimes mental illness just happens. There are causes you cannot control. A crisis or traumatic event can hurt your mental health. Some disorders also run in families. The ability to bounce back from hard times or to deal with problems when they come is a big part of good mental health. It won't keep bad things from happening, but it helps us get past them when they do.

### Mental illness is more common than you think.

Nearly half of all Americans have symptoms of a mental illness at some point in life. So if it happens to you or someone close to you, you are not alone. Even if you take care of your body and mind, there are no guarantees against mental illness. You might think mental illness is something to be ashamed or afraid of. These feelings may cause you to not talk about it, especially outside your family. But it is important to know that counseling and treatment is always private. And talking with others about mental illness can help you feel better.

### Common mental health issues for women include:

- Anxiety & Stress
- Depression & Suicide
- Alcohol & Drug Addiction
- Sexual Abuse, Assault, Rape
- Pressure of being a Caregiver
- Eating Disorders & Body Image
- Domestic Violence
- Grief & Loss
- Empty Nest
- Pregnancy
- Post Partum
- Menopause
- Divorce
- Trauma

Trust in us  
and let our caring staff of  
professionals  
help you  
get back on track.