

Be Smart: Mental Health



One in five adults experience a diagnosable mental illness each year. Add in those who have not yet been diagnosed, and that number is more than likely much higher. The good news is that 80% of those who seek treatment show improvement. There are many options to consider for treatment – medication, therapy, lifestyle changes, and alternative treatments like herbal supplements. Each of these has their own pros and cons—there’s no one treatment option that’s right for everyone, and many people need to use multiple options together.

Let’s explore some of the pros and cons of taking mental health meds, by comparing them to other treatment options.

- **Medication vs. doing nothing** - Your first option is to do nothing. You won’t experience side effects... but [your mental illness probably won’t get better just by waiting](#).
- **Medication vs. therapy** - Medications can only help you as long as you are taking them. [Therapy actually teaches you to think and act differently](#), so its effects can last for a long time, even after you’ve stopped going. (Some people continue to see a therapist throughout their lives, and that can be really beneficial too!)
- **Combine both** - A lot of people get the most benefit from combining medications and therapy. They work in different ways and target different [causes of mental illness](#).
- **Medication vs. lifestyle changes** - There are [many things you can do on your own to improve your mental health](#). Eating healthier,

exercising, journaling, and developing coping skills are all helpful. Lifestyle changes are an important part of everyone’s mental health. For some people, that’s all they need. Either way, focus on what works for you.

- **Medication vs. herbal supplements** - Medications are made in a lab. They have weird names that are hard to pronounce. Maybe you think it’s safer to take something that comes from a plant and has been used for thousands of years, but regardless, do your research, watch out for side effects, and talk to your doctor to make sure what you’re taking is safe.

Bottom line? You are not in this alone; find a mental health/behavioral health specialist to help you (or your loved one) find the best treatment option for you.

Source: [Mental Health America](#)

Lemon Blueberry Energy Bites

Ingredients

- 1 cup sliced almonds
- zest and juice of 1 lemon
- ¼ cup honey
- 1 ¼ cups quick cooking oats or use large for more texture - gluten-free if necessary
- ½ cup dried blueberries

2. Add in half of the oats and process again until smooth.
3. Move mixture to a bowl and stir in remaining oats and blueberries. Stir until combined – you may need to use your hands as they can be pretty sticky!
4. Store in the refrigerator for 1-2 weeks or freeze for up to 6 months.

Note: To mix things up and add more protein, try swapping ¼ cup of the oats for chia seeds, hemp seeds, or ground flax.

Source: <https://www.thereciperebel.com/lemon-blueberry-energy-bites/>

Instructions

1. In a food processor, process almonds, lemon zest, juice, and honey until smooth (this can take a few minutes).

Check out these online resources and smartphone apps!

It seems there are apps for everything these days, including helping you manage your mental health! To help you find a credible, relevant mental health app, turn to <https://psyberguide.org/apps/>, where you can search by specified condition or treatment type. A few examples are: [Super Better](#), [This Way Up](#), [Anxiety Helper](#) (developed by a teen, for teens). Or get a ‘Checkup from the Neck up’ at <https://screening.mhanational.org/screening-tools>.

Click [here](#) to take the Man Therapy ‘Head Inspection’

