



Mental Health Month Topics

May 2017

The theme set aside by Mental Health America this year is “Risky Business.” It is important to address subtle signs of a hidden mental illness. They are also providing the “What’s too far?” quiz. You can find a link to this quiz [here](#).

EXERCISE: It seems odd to talk about exercise as a risky activity, but when a person doesn’t exercise enough or exercises too much, it has consequences for both physical and mental health.

Fact Check:

- 80% of adults DO NOT meet the guidelines for both aerobic and muscle-strengthening activities.
- 3% of people meet the criteria for behavioral addiction to exercise.
- [Click here](#) for more information.

INTERNET ADDICTION: The internet is a wild and wonderful place which has forever changed the way we live, learn and work – but when a person can’t find a balance between their time online and their time offline, it can mean problems for their mental health.

Fact Check:

- Researchers estimate that 6% of people are addicted to the Internet.
- 5 types of Internet addiction: cybersexual, net compulsions (online gambling, shopping, or stock trading), cyber-relationships (social media, online dating, etc.), gaming, and information (web surfing, database searches).
- [Click here](#) for more information.

MARIJUANA: With laws in many states allowing the use of marijuana under a variety of circumstances, it is important to understand how it can affect mental health and when its use becomes a serious problem.

Fact Check:

- Use of marijuana is higher among people with mental illness
 - 23.2% of adults with mental illness used marijuana in the past year
 - 11.5% of adults without mental illness used marijuana in the past year
- [Click here](#) for more information.

PRESCRIPTION DRUG MISUSE: Prescription medications are an important part of treating many health issues and are used effectively by millions of people; however, when misused they become the problem instead of the solution.

Fact Check:

- 7.1% of people aged 12 or older misused prescription drugs in the past year
- 12.5 million people misused opioids
- 6.1 million people misused tranquilizers
- 5.3 million people misused stimulants
- [Click here](#) for more information.

SEX: Sex is a completely natural and normal part of the human experience, and when practiced safely and with a respectful partner, it can have health benefits. For some people, though, sex becomes an obsession and does more harm than good.

Fact Check:

- 5-8% of people have a compulsive sexual behavior (they are more common in men)
- 46.6% of people who engaged in oral, anal, or vaginal sex in their most recent hookup reported using a condom.
- [Click here](#) for more information.

COMPULSIVE BUYING: Everybody shops. It’s how we get necessities like food and clothing, and luxury items like cell phones and home decor. Now more than ever, it’s easier to buy things with 24-hour online shopping, but when does shopping become compulsive buying?

Fact Check:

- 5.8% of Americans are affected by Compulsive Buying Disorder in their lifetime.
- 61% of people with hoarding problems meet the criteria for compulsive buying.
- [Click here](#) for more information.