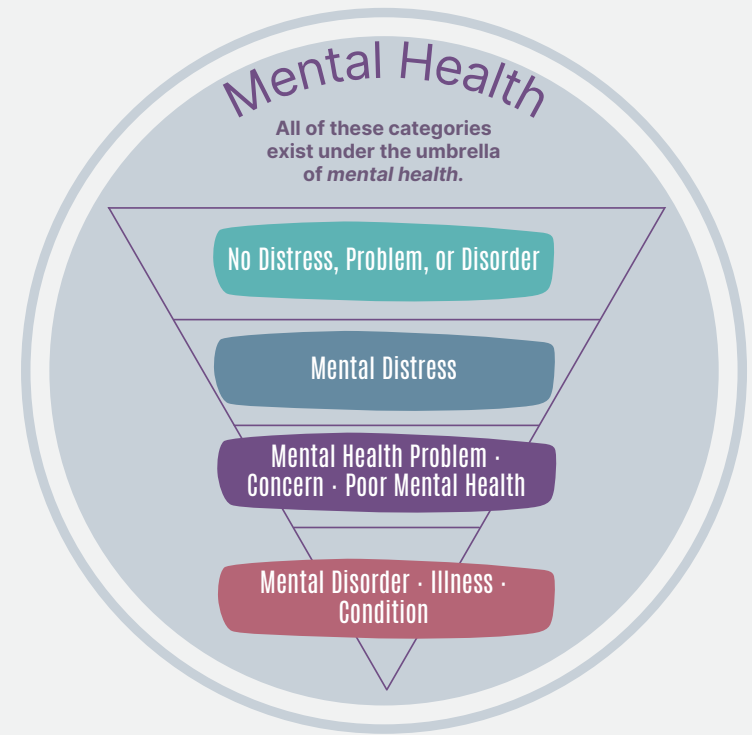




Mental Health Literacy

Poor Mental Health and Mental Illness are ***Not the Same Thing.***

However, plenty of other mental health terms are *correctly* used interchangeably. *What is what in mental health?*



All areas of mental health and illness are on a **spectrum**. If you have questions about your mental health, please talk to your doctor.

Mental Distress

Mental distress is a temporary response to a stressful event. It is natural. Because we live in an imperfect world, we are all going to experience mental distress from time to time. However, the key here is *temporary*. Mental distress can instigate poor mental health if it begins to affect our physical, mental, or social wellbeing.

Mental Health Problem · Mental Health Concern · Poor Mental Health

Poor mental health is the midpoint between mental distress and mental illness. According to the CDC, "A person can experience poor mental health and not be diagnosed with a mental illness. ... When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health" (February 2023). Poor mental health, like all categories of mental health, is on a spectrum. If you are unsure if your poor mental health is really a mental illness, talk to a healthcare professional.

Mental Health Disorder · Mental Illness · Mental Health Condition

According to Mayo Clinic, "Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. ... Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders, and addictive behaviors." Mental illness can be temporary, like depression after a divorce, or chronic. If you think you might be experiencing mental illness, please talk to a healthcare provider, such as your primary care provider, a counselor, or a therapist.

