



# OP-ENS Newsletter

Our Peers – Empowerment and Navigational Supports

## Mental Health & People with Physical Disabilities

Your mental health is just as important as your physical health.

This month's newsletter is full of information about ways to promote your mental health. Some people with physical disabilities have mental health concerns like depression and anxiety.

Dealing with challenges in your daily life can be stressful, whether you have a diagnosed mental health condition or not.

Sometimes, our mental health challenges can make it hard to do the things we need to do (like going to the doctor) and we want to do (like spending time with others, having fun, or caring for ourselves).

Here are some resources and simple exercises you can do to promote your mental health!

**People with physical disabilities are more likely to experience mental health challenges than their nondisabled peers**

Common diagnoses include:

- DEPRESSION
- ANXIETY
- POST-TRAUMATIC STRESS DISORDER

**BOTH  
PHYSICAL HEALTH  
AND  
MENTAL HEALTH  
ARE IMPORTANT.**



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### Did you know?

The Mayor's Office for People with Disabilities (MOPD) offers job training and placement referrals through a network of community partners.

Job seekers with disabilities are referred by MOPD's Employment Services staff to community-based organizations, WIPA Program Partners, and SSA Employment Network agencies for job training and placement assistance including:

- Resume writing
- Job readiness training and preparation
- Employer connection for job openings
- One-on-one counseling to assess skills, identify barriers to employment, and advise on issues related to health care and state/federal benefits.

For more information contact the Mayor's Office for People with Disabilities at 312-744-7050 or [www.chicago.gov/city/en/depts/mopd.html](http://www.chicago.gov/city/en/depts/mopd.html)

# Mental Health

## What is a mental health crisis?

It can be:

- Any situation where you put yourself at risk of hurting yourself or others
- Any situation you are unable to resolve with the skills and supports you have



## How do I know if I am in a mental health crisis?

Each person experiences a crisis differently, but you may feel:

- Your mental health (feelings of anxiety, depression, or thoughts of self-harm) has become worse over time
- You have little control over your life due to a current situation
- You cannot deal with a situation or problem in a healthy way



## Self-Exercises to Promote Mental Health

Whether you are experiencing a crisis or not, you can do some or all of these self-exercises every day as part of your daily routine.



### Three Good Things

Before you go to sleep, write or think about 3 good things that happened during your day, no matter how big or small!



### Daily Vacation

Think of a new vacation location (like the beach, Paris, Tokyo, or seeing mountains) every day. Imagine yourself enjoying your vacation as you think of the views, smells, and sounds. You can close your eyes if it helps you concentrate on your “daily vacation”.



### Acts of Kindness

Choose 3 acts of kindness to do this week for others. Try your best to do each of them. If you do them, think for 1 minute about how the person you helped benefitted.

Don't forget to be kind to yourself, too!

## What do I do if I am going through a mental health crisis?

You can:

- Talk to someone you trust like a family member, partner, friend, or mentor
- Call the *Crisis Hotline* 24/7
  - Call **1-800-273-8255** **OR** text **741741**
  - Trained volunteers can support you during a crisis
  - Phone calls are free and anonymous
- Contact a trusted medical professional, like your primary care doctor or therapist
- Cope by engaging in a healthy and calming activity like deep breathing
- As a last resort, call 911
  - Explain you are having a mental health crisis
  - Ask for a CIT (Crisis Intervention Team) officer



No matter who you are, your mental health is **important**.

Never be ashamed to get the help and support you need.