

Rhode Island's Pledge to Change Direction

HOSPITAL ASSOCIATION OF RHODE ISLAND



Have you heard about The Campaign to Change Direction before today?

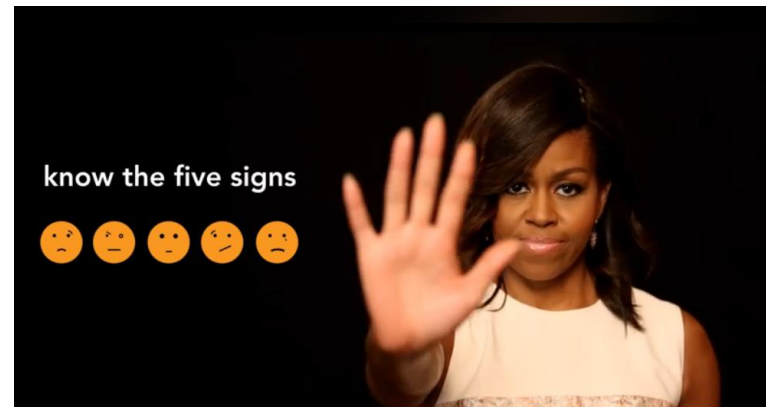
A. YES

B. NO



Change Direction Sizzle Reel

<https://vimeo.com/216039091>



The Campaign to Change Direction

The Campaign to Change Direction is a coordinated public health initiative designed to help change the way we understand and value mental health.



“Mental Health” refers to:

- a. THE ABILITY OF AN INDIVIDUAL TO ACHIEVE A PERIOD OF 12-18 MONTHS WITHOUT A PSYCHOTIC EPISODE.
- b. STATE OF WELL-BEING IN WHICH AN INDIVIDUAL CAN COPE WITH THE NORMAL STRESSES OF THEIR LIFE AND CAN WORK PRODUCTIVELY.
- c. A CONSTANT FEELING OF CONTENTMENT.

Who is likely to have poor mental health?

- A. POOR, UNEDUCATED PEOPLE
- B. ANYONE
- C. INDIVIDUALS WITH STRESSFUL JOBS

Know the Five Signs



Feeling
like U?



R U
Agitated?



R U
Withdrawn?



Caring 4 U?



Feeling
Hopeless?

 the campaign to
changedirection
#changementalhealth



Have you ever felt one or more of the five signs before?

A. YES

B. NO



Do you know anyone who is currently exhibiting one or more of the five signs?

A. YES

B. NO



Healthy Habits of Emotional Well-being



TAKE CARE



CHECK IN



ENGAGE



RELAX



KNOW FIVE SIGNS

#**change**mentalhealth

www.changedirection.org

Which of these healthy habits do you practice most frequently?

- a. TAKING CARE OF YOURSELF
- b. CHECKING IN WITH OTHERS
- c. ENGAGING WITH OTHERS
- d. RELAXING
- e. KNOWING THE FIVE SIGNS
- f. ALL



Rhode Island Pledge



Hospitals



Prevention Coalitions



University of Rhode Island



Schools



Community



Materials: Youth PSA

Supporting The Adolescent And Young Adult Community



Help Change The Direction Of Mental Health: Learn The Five Signs Of Emotional Suffering

One in five people in the United States has a diagnosable mental health condition.¹

Did you know half of all lifetime cases of mental disorders begin by age 14?² The **Substance Abuse and Mental Health Services Administration (SAMHSA)** produced four public service announcements (PSAs) as part of a co-sponsorship agreement with **Give an Hour** for the Campaign to Change Direction. The PSAs are designed to:

1. Promote public education and awareness about mental health
2. Educate our communities about the Five Signs of emotional suffering
3. Identify resources so that those in need can access help
4. Encourage compassion and support for individuals with mental health challenges

Need Help?

<https://www.changedirection.org/teenpsa/>

Total Reach

The Campaign to Change Direction has had a direct reach of more than **10,000** Rhode Islanders since the May 2018 launch.

HARI staff has attended over 50 community events. On average we are receiving about 3-5 requests per week for presentations and participation in future events.



Thank You!

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