



Recovery is Possible.

*Most people with **mental health** problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.*



**RECOVERY IS POSSIBLE:
A BOOK ON MENTAL HEALTH**

BY

SAVE THE PEOPLE
stpusa.org

Samira Tahsoon is a senior at the Young Women's Leadership High School in Queens. Her passion for writing stems from a young age, she is a member of the National English Honors Society and was a member of the Writer's Honor Society. She has published a handful of articles concerning youth and their wellness on Channel 786, New York News, New York Somoy, The Business Post, etc. She is a member of GNRC and was a Community Education Intern at MCN and a current MCN MYNOC fellow. She cares deeply about the social, political and economic issues in society. She has worked with children at Hillside Islamic Center's summer camp and volunteered for seniors at India Home. She is a Youth Community Organizer at Save the People USA.



Recovery is Possible: A Book on Mental Health by Save The People is an inspiring resource that beautifully emphasizes hope, resilience, and the path to mental wellness. This book delivers compassionate insights and practical guidance, serving as a powerful reminder that recovery is achievable for everyone. I believe it's an essential read for anyone wanting to better understand mental health, whether for personal growth or to support others. Save The People has truly created a work that uplifts, educates, and inspires those on the journey to recovery.

Best,
Muhammad Shahidullah
CEO, Save The People

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**OUR
PARTNERS IN
CELEBRATING
WORLD
MENTAL
HEALTH DAY
ON
OCTOBER 10
AT THE
SAVE THE
PEOPLE
OFFICE**

GNRC
Global Network of Religions for Children
United States of America



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Youth Community Organizer, STP USA



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I was delighted to go through the presentation of "Recovery is possible" by Samira Tahsoon. I found the presentation very interesting, informative and educational. There are a lots of data in this article. The community would benefit about mental health awareness and treatment by her presentation. I also believe she would shine by this kind of interesting researches which benefit the community at large.

Best,

A.S.M. Junnun Choudhury, MD, FAPA

Diplomate, American Board of Psychiatry and Neurology

Assistant Professor

Department of Psychiatry

Icahn School of Medicine at Mount Sinai



I am really impressed to read this book " Recovery is Possible" on mental health by Save the People. Various important aspects of mental health are presented very well in this book. I found the "Warning Signs" chapter particularly useful.

Mental health is important because it's a vital part of life and impacts the thoughts, behaviors and emotions. Its effects in our activities like work, school or caregiving and relationships among parents, children, siblings, spouses, and friends. It's allows us to adapt to changes in our daily life.

Undoubtedly , it's an opportunity to make comments on such wonderful informative books on mental health. Greetings and best wishes.

Dr. Md Anamul Hoque

President UNICC & AHRI

Human Rights & Social Activist

Civil Society Representative to United Nations



Samira Tahsoon has shown tremendous promise as an MCN fellow and intern, establishing herself as a future leader in the field of mental health advocacy. Her deep dive into mental health is especially timely and critical, given the rising challenges in this area today. Samira's work has focused on understanding mental health from a holistic perspective, tackling not only the symptoms but also the societal stigma and misconceptions that often prevent people from seeking help. Her approach emphasizes empathy, education, and practical strategies, providing an accessible framework for mental wellness. Her commitment to breaking down mental health stigma and fostering supportive conversations is essential for the wellbeing of our community. We're proud to support and uplift Samira's impactful work and look forward to seeing her contributions to mental health advocacy continue to grow."

Husein Yatabarry

Executive Director, Muslim Community Network



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Save The People is a nonprofit organization dedicated to uplifting communities around the world by providing vital support in times of need. Whether responding to natural disasters or advocating for long-term community development, we are committed to protecting lives and empowering people. Our goal is to foster a better, more compassionate world for all

OUR INVOLVEMENTS

EDUCATION

Supporting educational initiatives by providing access to quality learning materials, scholarships, and training programs for underprivileged communities.

IMMIGRATION SUPPORT

Assisting immigrants and refugees by offering resources, legal support, and integration services to help them build better lives in their new communities.

FOOD DISTRIBUTION

Ensuring food security through regular distribution of essential groceries and meals to vulnerable populations facing hunger.

YOUTH EMPOWERMENT

Offering mentorship, educational programs, and life skills training to empower future leaders.

We also work on mental health support, combating hate crimes, community clean-up initiatives, disaster relief, and much more.



WHAT IS MENTAL HEALTH?



Mental health includes our emotional, psychological, and social well-being. Many factors contribute to mental health problems, including:

Biological factors, such as genes or brain chemistry

Life experiences, such as trauma or abuse

Family history of mental health problems



MENTAL HEALTH

RECOVERY IS A PROCESS OF CHANGE THROUGH WHICH INDIVIDUALS:

- IMPROVE THEIR HEALTH AND WELLNESS
- LIVE A SELF-DIRECTED LIFE
- STRIVE TO ACHIEVE THEIR FULL POTENTIAL

**MENTAL HEALTH HELP
EMERGENCY MEDICAL
SERVICES 911**

**IF A SITUATION IS POTENTIALLY
LIFE-THREATENING, GET
IMMEDIATE EMERGENCY
ASSISTANCE BY CALLING 911,
AVAILABLE 24 HOURS A DAY.**



FOUR DIMENSIONS OF RECOVERY

HEALTH: OVERCOMING OR MANAGING ONE'S SYMPTOMS AND MAKING INFORMED CHOICES THAT SUPPORT PHYSICAL AND EMOTIONAL WELL-BEING

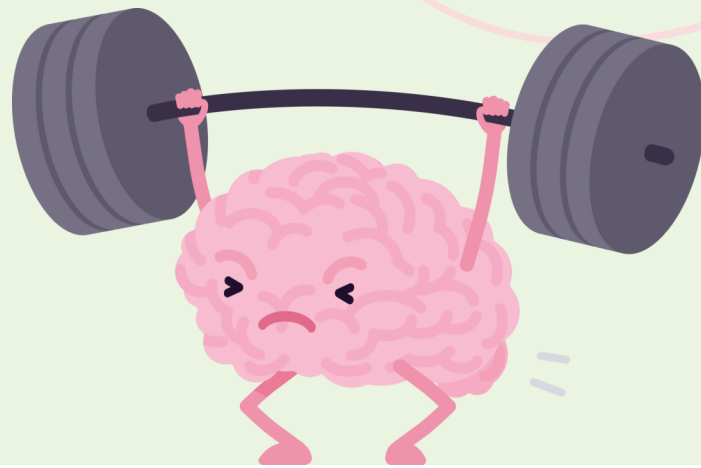
HOME: HAVING A STABLE AND SAFE PLACE TO LIVE

PURPOSE: ENGAGING IN MEANINGFUL DAILY ACTIVITIES, SUCH AS ATTENDING SCHOOL, WORKING A JOB, VOLUNTEERING, CARING FOR OTHERS, OR BEING CREATIVE.

COMMUNITY: BUILDING RELATIONSHIPS AND NETWORKS THAT PROVIDE SUPPORT, FRIENDSHIP, LOVE, AND HOPE



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**HOW'S YOUR MENTAL
HEALTH TODAY?**

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EARLY WARNING SIGNS

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low energy
- Feeling numb
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks

8 WAYS TRAUMA AFFECTS YOUR LIFE



Triggers

There will be some triggers reminding you of the trauma (not everyone will understand).



Emotions

You can feel a lot resulting from the trauma like anxiety, sadness, anger, confusion.



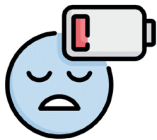
Survival

Experiencing a trauma can put you in a survival mode trying to take it day by day.



Flashbacks

After a trauma, often flashbacks occur which can feel stressful and debilitating.



Energy

Some days the trauma can lead to not being able to get out of bed or low energy



Change

Trauma can change what you think that matters in life and who you are as a person.



Healing

Trauma can lead to doing the work to heal. It can be a process with therapy.



Growth

Struggling with a trauma can lead to growth when you heal and become stronger.

Source: internet - [thepresentpsychologist](#)

MENTAL HEALTH AFFECTS HOW WE THINK, FEEL AND ACT. IT DETERMINES OUR ABILITY TO MANAGE STRESS, RELATE TO OTHERS AND MAKE CHOICES THAT AFFECT OUR HEALTH.



THE STIGMA

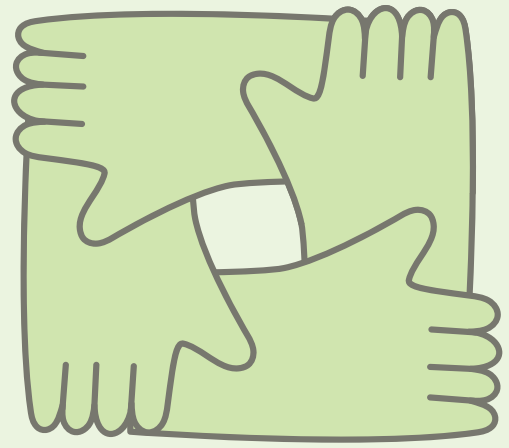


The stigma around mental health refers to the negative beliefs, attitudes, and stereotypes that society often associates with mental health issues. This stigma can lead people to view those who experience mental health challenges as "weak," "unpredictable," or "incapable." As a result, individuals struggling with mental health issues may feel ashamed, isolated, or reluctant to seek help out of fear of being judged or discriminated against.

This stigma often arises from a lack of understanding or knowledge about mental health. Unlike physical illnesses, mental health conditions are often invisible and misunderstood, which can lead people to dismiss them or believe that they're not "real." This creates barriers to treatment, hinders open discussions, and makes individuals feel like they need to hide their struggles, which can worsen their condition over time. Breaking this stigma involves promoting mental health education, fostering empathy, and encouraging supportive dialogue to treat mental health as a natural part of overall health.

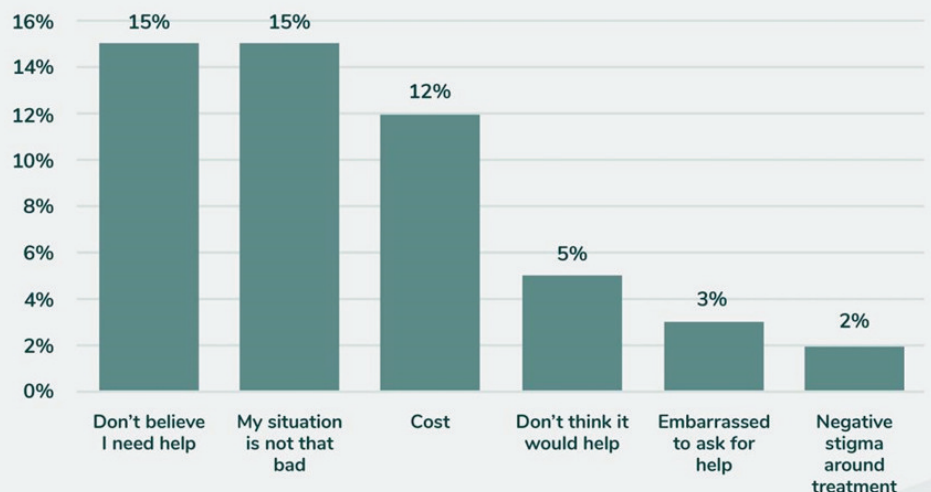


LET'S BREAK THE STIGMA



Breaking the stigma around mental health starts with open, compassionate conversations. When we talk openly about mental health challenges, it normalizes these experiences, helping others feel less isolated. Education plays a crucial role: understanding mental health as a common and treatable aspect of well-being can dispel misconceptions and fear. Encouraging empathy and active listening allows people to share without judgment, fostering a supportive environment. Whether it's through sharing personal stories or promoting resources, each effort helps create a society that sees mental health care as essential and worth prioritizing, just like physical health.

Reasons for NOT Seeking Professional Mental Health Care



Those not seeking care tend to downplay their situation. They also cite cost as a reason for not seeking care.

Source: internet- redboxrx.com

MENTAL HEALTH MYTHS



MYTH: There is no hope for people with mental health problems.

Studies show that many people with mental health problems recover completely. There are more treatments, services, and community support systems than ever before, and they work.

MYTH: Children don't experience mental health problems.

Even young children show early warning signs of mental health concerns. Half of all mental health disorders show first signs before a person turns 14 years old, and three-quarters of mental health disorders begin before age 24.

MYTH: People with mental health problems are violent and unpredictable.

Most people with mental illness are not violent and only 3-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illness are over 10 times more likely to be victims of violent crime than the general population. Many people with mental health problems are active members of our communities.

MYTH: I can't do anything for a person with a mental health problem.

Friends and family can be important influences to help someone get the treatment and services they need by:
Reaching out and letting them know you are available to help

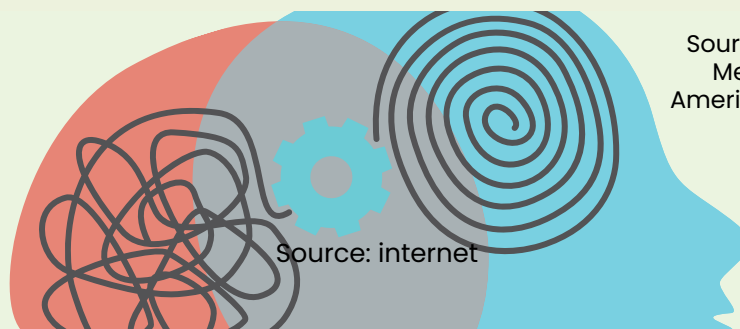
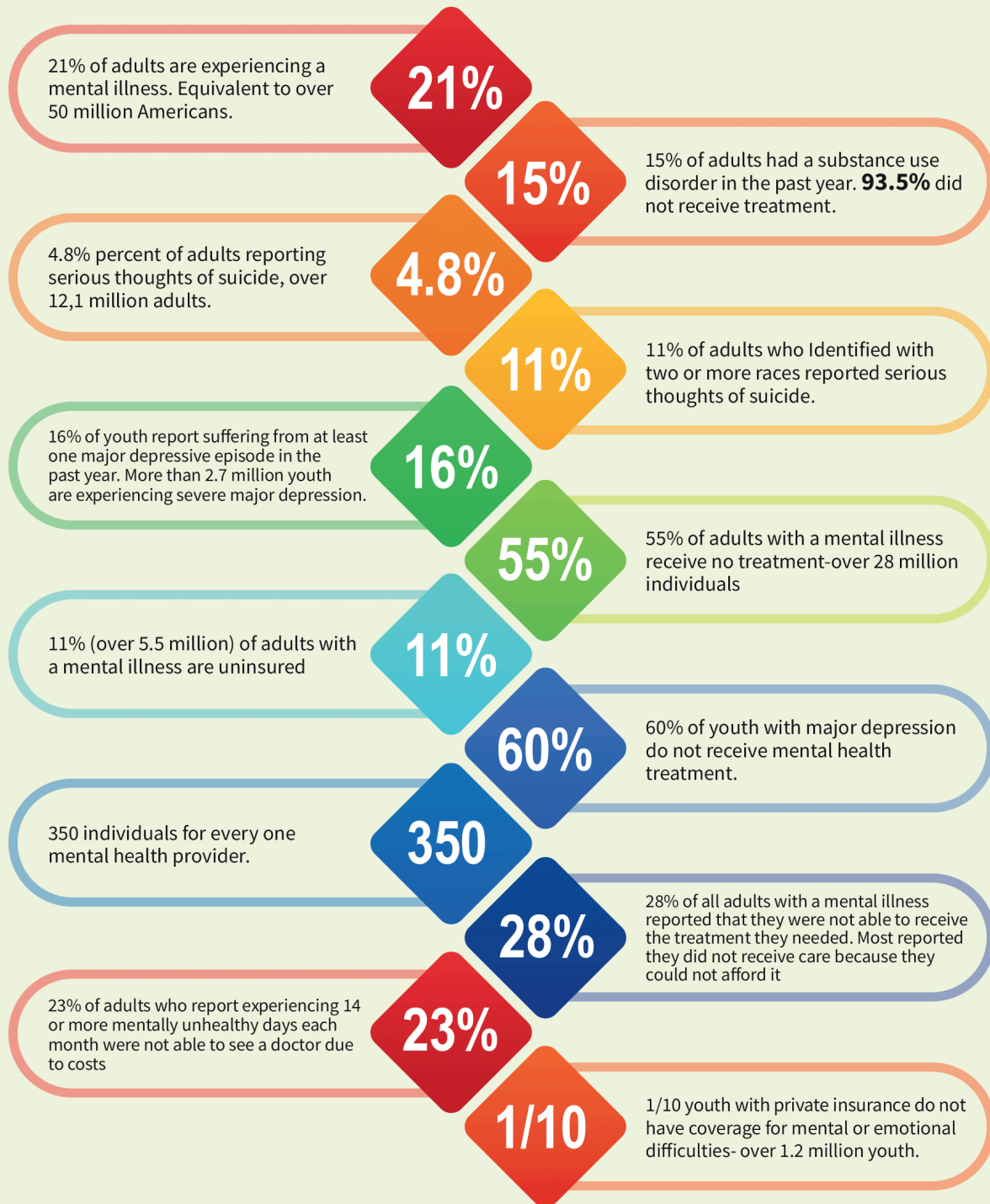
Helping them access mental health services

Treating them with respect, just as you would anyone else

Refusing to define them by their diagnosis or using labels such as "crazy"



KEY FINDINGS



Source: "The State of Mental Health in America, Mental Health America

Source: internet

MILLIONS OF AMERICANS ARE AFFECTED BY MENTAL HEALTH CONDITIONS EVERY YEAR.

HERE ARE SOME FACT SHEETS AND INFOGRAPHICS ABOUT THE PREVALENCE AND IMPACT OF MENTAL ILLNESS.

You are **NOT** **ALONE**

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

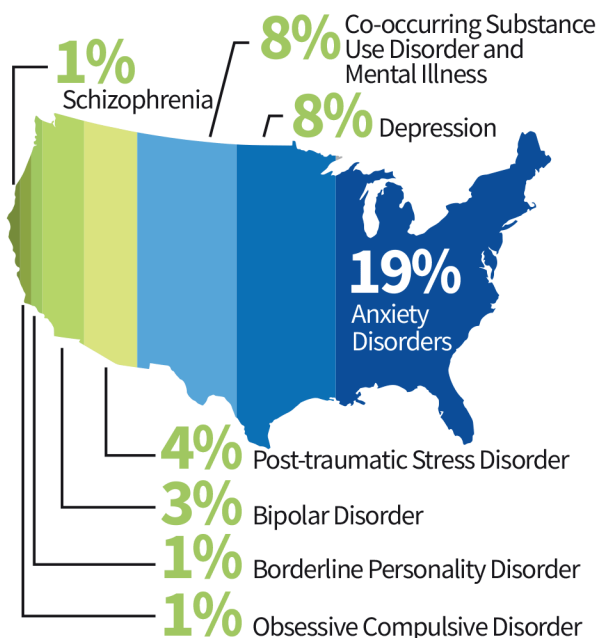
1 in 20

1 in 20 U.S. adults experience serious mental illness

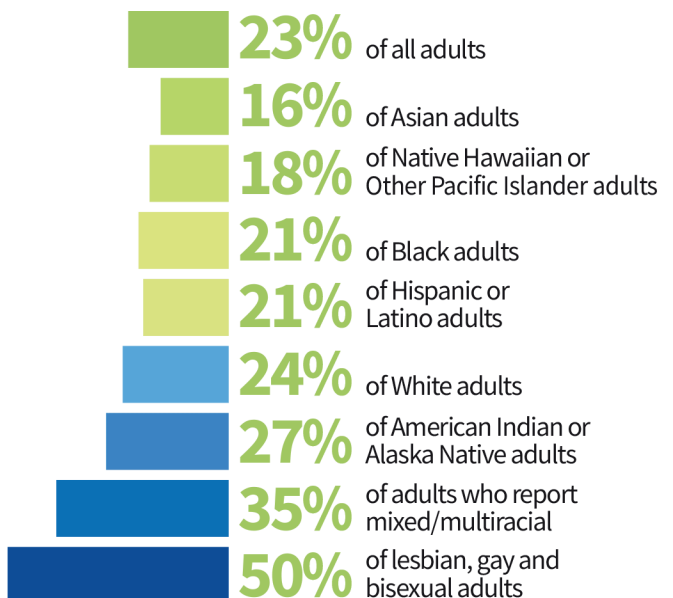
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESSES (ALL U.S. ADULTS)



Source: internet - psych.insightohio.com



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Mental Health Care

MATTERS

Mental health treatment - therapy, medication, self-care have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

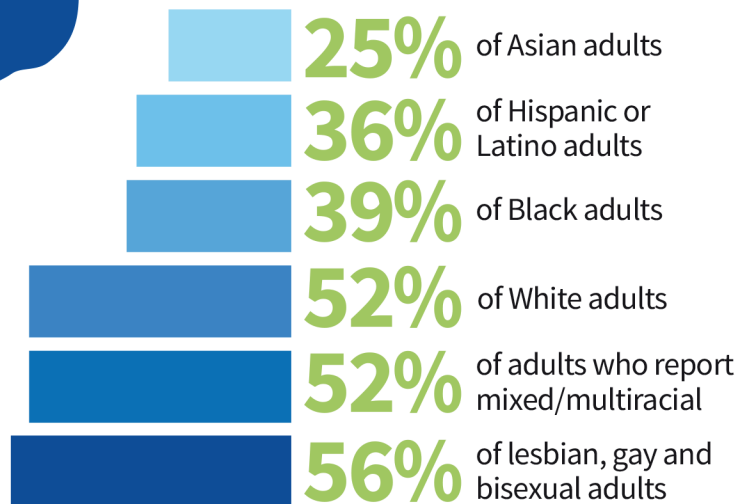
PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

47% of adults with mental illness

65% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year



Source: internet - Opus

**IT'S OK
NOT TO
BE OK**

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The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Beyond the individual, these challenges ripple out through our families, our communities and our world.

PERSON



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer



34% of U.S. adults with mental illness also have a substance use disorder



Rates of cardiometabolic disease are twice as high in adults with serious mental illness

FAMILY



At least 8.4 million Americans provide care to an adult with an emotional or mental illness



Caregivers spend an average of 32 hours per week providing unpaid care

COMMUNITY



21% of unhoused people experience serious mental illness



Depressive disorders are the #1 cause of hospitalization for people aged <18 after excluding those related to pregnancy and birth. Psychosis spectrum and mood disorders lead to nearly 600k hospitalizations per year for people aged 18-44



20% of U.S. Veterans experience mental illness

WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity

Source: internet - NAMI Coastal Virginia

YOUR MENTAL HEALTH IS A PRIORITY

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Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real"
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities



"Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual."

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

? If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

MENTAL HEALTH MATTERS

50%

of all lifetime mental illness begins by age

14

50%

by age

14

Source: internet - NAMI Coastal Virginia

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It's Okay to Talk About **SUICIDE**

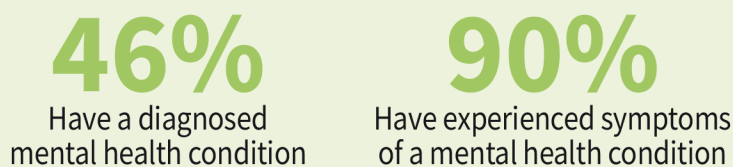
Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is **NOT** the answer.

Suicide is a leading cause of death in the U.S.:



Among those who die by suicide:



If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.

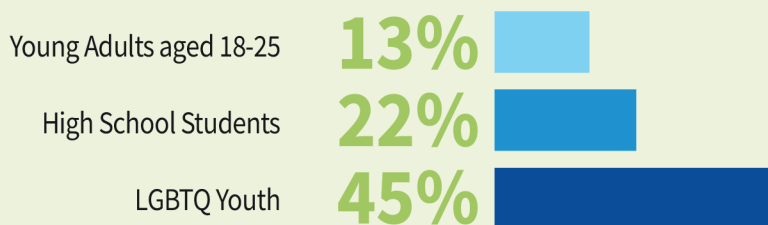


HIGH RISK POPULATIONS - Serious Thoughts of Suicide

U.S. Adults - annual average 4.8%



Youth Populations



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other they can be treated, and they can improve over time

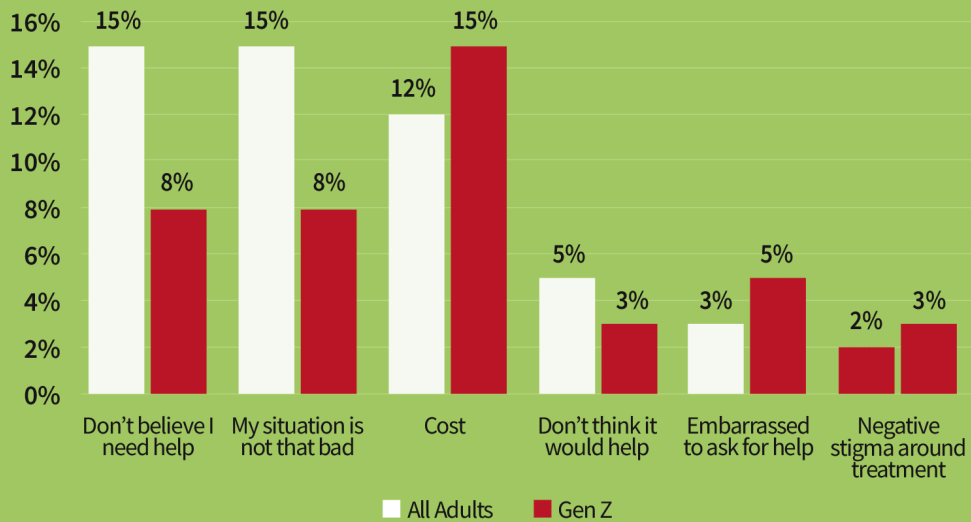


Source: internet

Source: internet - NAMI Coastal Virginia

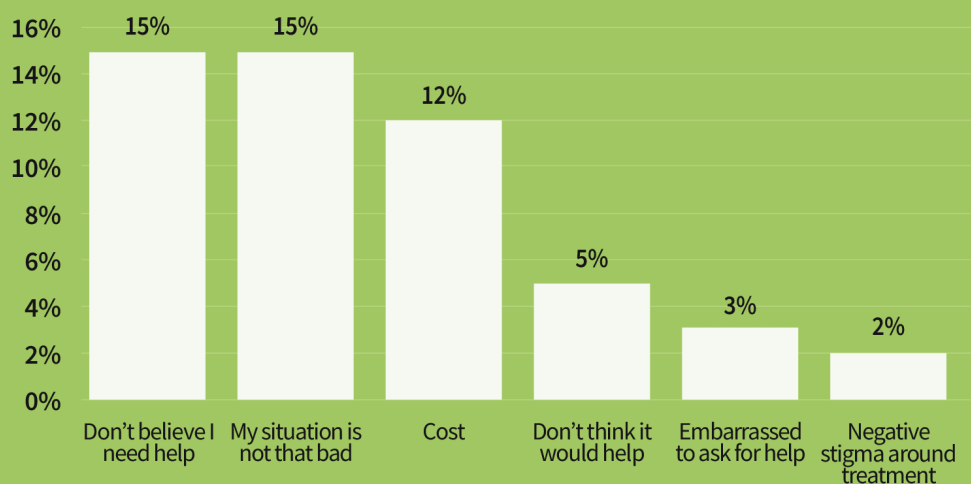


Reasons Gen Zers Do Not Seek Professional Mental Health Care



Gen Zers not seeking mental health care tend to cite cost more often.

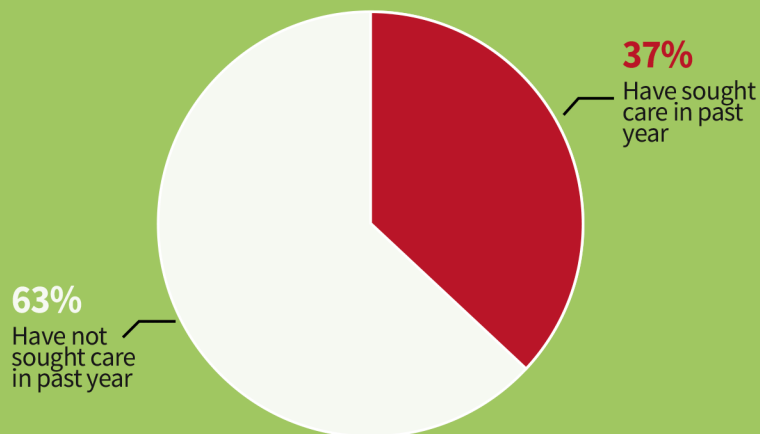
Reasons for Not Seeking Professional Mental Health Care



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Source: internet redboxrx.com

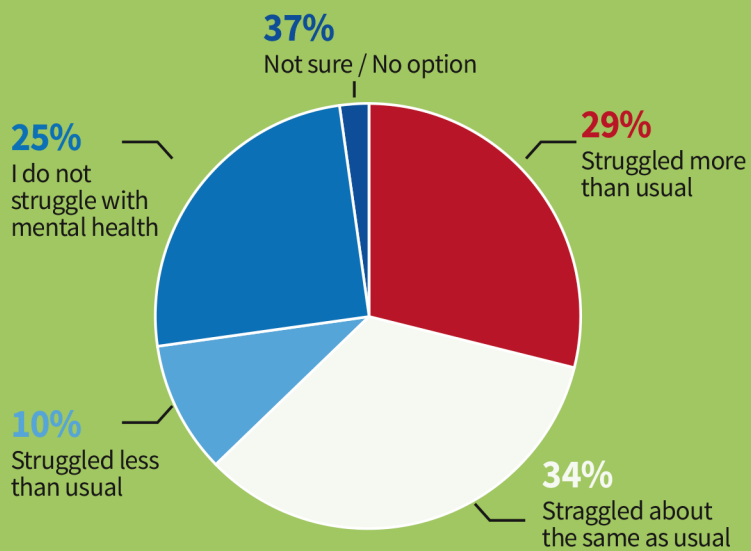
Sought Professional Care for Mental Health in Past Year



*Among those consistent or worsening mental health struggles.

63% of Americans with worsening or consistent mental health struggles have not sought professional care, such as therapy or medications, in the past year.

Struggle with Mental Health in Past Year



63% of Americans struggled with mental health in the past year

Source: internet
redboxrx.com

Nurturing Your Mental Health: Simple Steps for a Stronger Mind

Maintaining mental health requires consistent, simple practices that keep you balanced and resilient. Prioritize self-care by getting enough sleep, eating nourishing foods, and engaging in regular exercise—each of which directly boosts mood and energy. Practice mindfulness or meditation to manage stress, and make time for activities that bring joy, like hobbies or time with loved ones. Stay connected with others; sharing your feelings and experiences can reduce stress and build a support network. Remember, caring for your mental health is an ongoing journey that strengthens your overall well-being.



CULTIVATING MENTAL WELLNESS: PRACTICAL STRATEGIES FOR DAILY LIFE

Maintaining mental health involves integrating simple, consistent practices into your daily routine. **Regular physical activity**, such as a 30-minute walk, can enhance mood and overall health.

A balanced diet rich in fruits, vegetables, and whole grains supports both physical and mental well-being. Adequate sleep is crucial; aim for 7–9 hours per night to improve focus and emotional regulation. **Mindfulness techniques**, like meditation or deep breathing exercises, can reduce stress and promote emotional balance. **Engaging in hobbies** or **creative activities** provides a sense of purpose and joy, contributing to lower stress levels.

Maintaining social connections through regular interactions with friends and family fosters a support system essential for mental health. **Limiting exposure** to negative news and setting boundaries around media consumption can prevent feelings of overwhelm.

Remember, seeking professional help when needed is a sign of strength and an important step in maintaining mental wellness.





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