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## ***Why Mental Health is Everyone's Business?***

**Who do you worry about?** (Think of the 1 in 4)

**Mental Health Screenings:**

<https://screening.mentalhealthamerica.net/screening-tools>

**What phrases do you or your family use that may promote stigma?** (Think something that might keep someone from opening up to you)

### **Workplace**

**Have you ever taken a mental health day off from work?**

**If not, do you feel there has been a time you could use one?**

**Would you feel comfortable telling your employer/boss the reason for your day off?**

### **Our Children**

**Have you discussed mental health with your child(ren)?**

<https://www.childmind.org>

**Middle/High School**

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

**Sending your child to college - questions to ask:**

**Counseling center resources?**

**Ongoing therapy?**

**Medication management?**

### **What are my barriers?**

**Do you experience perceived stigma?**

**Insurance?**

**Availability of treatment?**

**Medication concerns?**