

Our+Care OC

A newsletter created by HIV-positive individuals for people living with HIV



This issue of the Our+Care newsletter is about Mental Health Month and ways to stay mentally healthy. Included in this newsletter are some local resources in Orange County that provide mental health resources. Keep reading to find out more!

Mental Health Month takes place every year in May. The purpose of Mental Health Month is to educate people about what mental health feels like, support those with mental health needs, and end the stigma around mental health. This is a time for everyone to check in on how



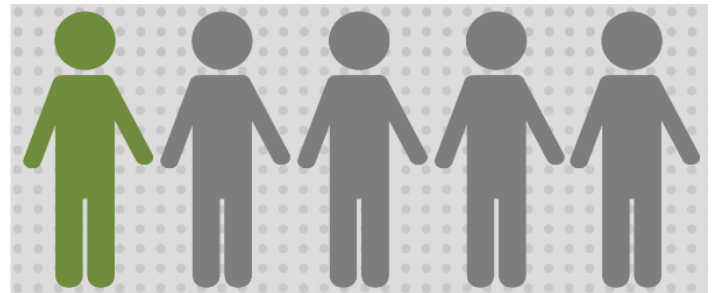
they are feeling. It is important to take care of your mental well-being as well as your physical well-being. Your mental health can influence how you behave. When you feel good, you are better at taking care of yourself physically and dealing with day-to-day issues.

Mental health impacts everyone, no matter their HIV status. However, people living with HIV need mental health services more than the general public¹. One of the mental health needs that people living with HIV may suffer from is depression. Depression can include feelings of sadness, emptiness, helplessness, etc. Causes of depression may be a loss of social support, stress with getting services, not getting HIV medicines, and/or stigma associated with HIV. When someone is feeling down, they may not be taking care of their physical health, going to see their doctor(s) regularly, checking their viral load, or taking their HIV medications as prescribed. It is important to talk to someone if your feelings are preventing you from doing day-to-day activities.

¹ Department of Health and Human Services. (2017). Retrieved from <https://aidsinfo.nih.gov/education-materials/fact-sheets/27/92/hiv-and-mental-health>. Accessed on March 14, 2017

Fast Facts:

1 in 5 adults in the U.S. (**43.8 million** people) or **18.5%** - experiences mental illness in a given year.



Source: <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

5 Ways to Live Positively



Spend time with loved ones. Being around and talking to other people that provide you with emotional support can help improve your mood.



Exercise. Exercising is known to make people feel better and happier. Take some time everyday to be active.



Do something you love. Whether you like making web videos, cooking, or playing board games; find a hobby that makes you feel happy.





Get some sun. Some sun exposure can make you feel more energized, alert, and happy.



Think happy thoughts. Sometimes you may find yourself thinking negative or bad thoughts, but it is important to focus on things that are good and positive.

Want more information? If you are interested in getting more information about mental health resources check out the following:

Orange County Behavioral Health Information and Referrals	
 <p>Orange County Behavioral Health Information & Referrals 855-OC-Links (625-4657)</p>	<p>OC Links is an Orange County based Information and Referral Line to get more information about mental health and other services. For more info, visit www.ochealthinfo.com/bhs/about/pi/oclinks.</p>
Mental Health Counseling for People Living with HIV in Orange County	
	<p>APAIT offers individual, couples/family, and group counseling. For more info, call (714) 636-1349 or visit www.apaitonline.org.</p>
	<p>ASF offers support groups, individual and group counseling services. For more info, call (949) 809-5700 or visit www.ocasf.org.</p>
	<p>Delhi Center offers support groups. For more info, call (714) 481-9600.</p>
	<p>The LGBT Center OC offers individual, couples, and family therapy. For more info, call (714) 953-5428 ext 330 or visit www.lgbtcenteroc.org.</p>
	<p>Shanti OC offers individual and group counseling services. For more info, call (949) 452-0888 or visit www.shantioc.org.</p>
	<p>Straight Talk Inc. offers individual and group counseling services. For more info, call (714) 828-2000 or visit www.straighttalkcounseling.org.</p>
Local Mental Health Resources	
	<p>211 OC provides health and human services resources in Orange County. For more info, dial 2-1-1 or visit www.211OC.org.</p>
	<p>If you have CalOptima, call (800) 877-3885 or visit www.CalOptima.org to find a mental health provider near you.</p>
	<p>Each Mind Matters is California's Mental Health Movement aiming to end stigma and promote access to support services. For more information, visit www.eachmindmatters.org.</p>

Hotlines	
	<p>Crisis Prevention Hotline (877-7 CRISIS or 877-727-4747) provides free, 24-hour, confidential, suicide prevention services to anyone who is in crisis. For more information, visit www.ochealthinfo.com/bhs/about/pi/crisis/hotline.</p>
	<p>The Orange County Warmline (714-991-6412) is a free and confidential phone service providing emotional support and resources. For more information, visit www.namioc.org/services/emotional-support/nami-orange-county-warmline.</p>



Event Spotlight

June 27 is National HIV Testing Day

Encourage everyone you know to get tested and know their HIV status. Visit www.ochealthinfo.com/phs/about/dcepi/hiv/events for testing locations in Orange County.



ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE

Our+Care OC is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to increase the quality of Ryan White services. For more information about the committee, please call **(714) 834-8063**. If you have feedback or suggestions for future newsletters, please contact **Mindy He** at MHe@ochca.com.



If you would like a copy of the HIV Client Handbook, please call (714) 834-8711 or visit <http://www.ochealthinfo.com/phs/about/dcepi/hiv>.