

# **Now Is the Time Conference 2017**

**Presents**

**Breakout Session with**

**Presenter:**

**Nikyra McCann**

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Speaker**

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**“Don’t Believe  
Everything You Think”  
-unknown**

# What is a Mental illness-

Mental illnesses are health conditions involving changes in thinking, emotion or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

Mental illness is common. In a given year:

- nearly one in five (19 percent) U.S. adults experience some form of mental illness
- one in 24 (4.1 percent) has a serious mental illness
- one in 12 (8.5 percent) has a substance use disorder\*

Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives.

## **Personal Experience**

- \*Life as a teenager before mental illness**

- \*Being diagnosed**

  - How it felt to be diagnosed with a mental illness**

  - How others treated me because I was diagnosed with a mental illness**

- \*Personal story of mental institutions**

- \*The care I received as being an outpatient**

- \*Why support is key to someone's recovery**

- \*Finding stability**

- \*My success story**

## **3 Things to help Cope with a mental illness**

**These 3 things can help anyone maintain their stability!**

### **Breathe & Center**

**Sometimes we get so caught up with our daily lives that we forget that we are human and we have this air to simply breathe. Breathing releases stress while at time it can calm you in the moment of whatever you may be dealing with.**

### **Inner Voice**

**While battling a mental illness at times people may hear voices. Its soothing to know that you have your own inner voice. If you may get in tune with your voice, your thoughts you may become more one with yourself. When you find the true you.**

**Think**

**At times while battling a mental illness some may experience impulses to react off a thought. If someone who is battling this could simply breathe and THINK things through there can be a better outcome.**

**Breathe & Center**

**Inner Voice**

**Think**

**The youth of today are special individuals. I believe that if we take early steps as they are children we can hopefully catch the mental illness sooner and take cautious steps so that the illness may not spiral out of control.**

**Things such as:**

**Family Therapy**

**-Not taking the child out of the home while creating a better atmosphere of love within the family**

**-Possibly offering vouchers for sports for children who may be experiencing a mental illness at a younger age**

**-Therapy through Art & Music  
(Still Standing Enterprise)**

**-Community Events**



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*At times when you are stressed  
some of these things a therapeutic*



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*“You have been through so much, yet you are  
Still Standing”*