

What are the Social Determinants of Mental Health (SDoMH), and How do they impact my Wholistic Health?

1 The SDoMH

Factors in life that impact how or what we feel or think about ourselves, even other people:

- Race
- Age
- Gender
- Sexual orientation
- Income level
- Education
- Housing quality
- Social supports
- Employment
- Personal safety



3 Lead to Poor Health Behaviors

The SDoMH can contribute to us doing things that mess with our health, including:

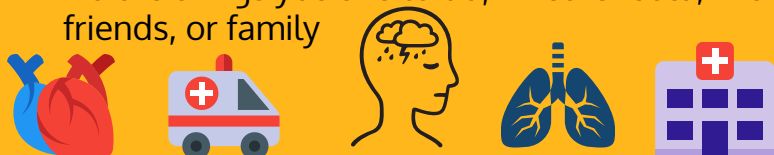
- Not follow our health or behavioral health provider's instructions, or go to appointments
- Not take medications as prescribed
- Drink too much
- Smoke
- Not get enough exercise
- Eat unhealthy foods, or Too much
- Stay up too late, or Sleep badly



4 The SDoMH=Worse Health & Mental Health

The SDoMH mean worse health & mental health, including:

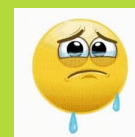
- Worse or more frequent health symptoms
- More frequent hospitalizations
- Longer recovery
- Make it harder to hold a job or get back to work,
- Do the things you like to do; whether solo, with friends, or family



2 Signs and Symptoms

The SDoMH can make us or people in our life feel:

- Stressed
- Angry
- Sad
- Helpless
- Depressed
- Upset
- Moody
- Anxious
- Insecure
- Frustrated
- Unmotivated
- Fearful



Persons may even:

- Feel unmotivated to take care of their health
- Not want to attend school or work
- Sleep all day or not get out of bed
- Harm themselves or other people
- Not act like themselves at all
- Not want to do the things they normally enjoy

5 Think Wholistic (Whole Person) Health

Don't let the SDoMH take you down. Take charge of your mental health for better Wholistic health!

Talk to your health provider and behavioral health consultant today about how to **TAKE CHARGE!**

