

 e-tips...

to help you Live Well

Mental health is more than the absence of disease



I've had many episodes of depression in my life beginning in college in 1976. I know heavy darkness, feelings of hopelessness, crushing fatigue, and clouded thoughts of seeing no reason to continue trying. From each episode, I learn more about my disease and I now recognize what is required of me for prevention, early intervention, and treatment.

So, I'm concerned when we celebrate May as Mental Health month and then focus primarily on depression, suicide and anxiety. Because mental health is not just the absence of disease, it's much more. Consider the definition of the World Health Organization:

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stress of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

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Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

As well as I know depression, I also know joy and happiness, and that's what we all deserve. I'm delighted that the world is waking up to the role of emotional wellness and seeing it as equal to any biometric measure of health. We have miles to go, however, in providing the tools and resources to help each person live the healthiest, and happiest, lives possible. I'm committed to being a part of that mission.

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