



It's Time to "Silence the Shame" of Discussing Your Mental Health

(Oneida, Wis.) – Mental health is a difficult subject to talk about for most people. Many don't want to talk about it because of their life experiences, some consider it a "taboo" subject and others want to talk about it, but also want to be careful because it's a sensitive subject.

"As a society, it's important to normalize conversations about mental health to remove the stigma around it," said Mari Kriescher, Oneida Behavioral Health Director. "For some, sharing their thoughts, feelings or emotions is a sign of weakness because they're letting their guard down to be vulnerable. In reality, discussing these things is courageous and a sign of strength."

Kriescher adds that mental health is our emotional, psychological and social well-being and affects how we think, act and feel. Mental health covers an array of everyday life, such as stress, connecting with people and decision making.

"Taking care of your mental health can be as simple as going for a walk, spending time outside, eating healthy, self-care, spending some time alone or talking to a friend," Kriescher says. At Oneida Behavioral Health we are here to offer support and resources including therapy for Individuals, couples, children and families."

Taking care of your mental health is as important as your physical health and overall quality of life. Prioritizing your mental health and taking care of yourself will relieve some of your stress and worries, and ultimately leave you happier.

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Oneida Behavioral Health (OBH) offers a wide range of services to members of the Oneida Nation and their families, including individual adult, youth and children's therapy, ATODA services, suicide prevention, depression awareness, grief counseling and more. Services are provided at locations including the Ka?nikuhli.yo Family Center, Anna John Resident Centered Care Community, Veterans office and Oneida Nation schools.

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