

# SAMHSA'S WELLNESS INITIATIVE

## Three Ways to Promote Wellness

wellness

### 1. FOLLOW A HEALTHY LIFESTYLE.

- Don't smoke or use addictive substances.
- Limit alcohol intake.
- Eat healthy foods and exercise regularly.
- Monitor your weight, blood pressure, sleep patterns, and other important health indicators.

### 2. WORK WITH A PRIMARY CARE DOCTOR.

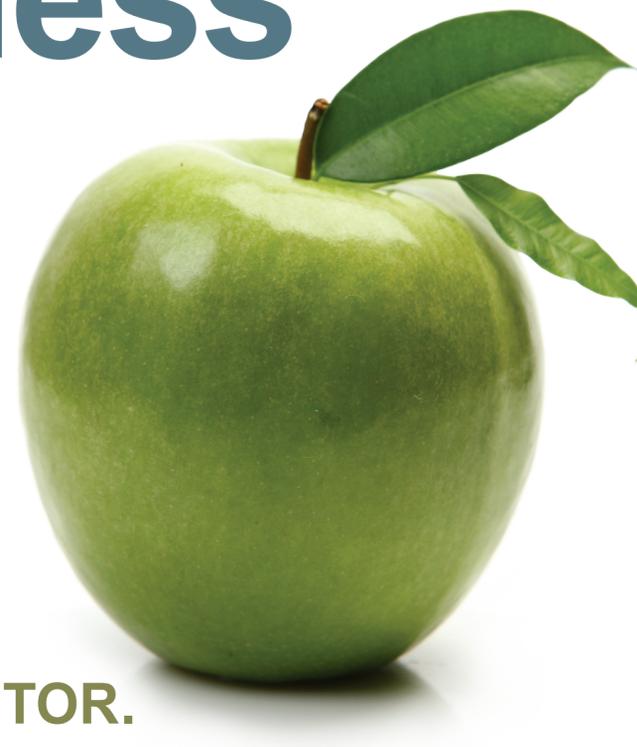
- Communication between people with mental health disorders, mental health professionals, and primary care providers is essential.
- See a primary care physician regularly (at least twice a year).

### 3. ASK QUESTIONS!

- Know about medications and alternative treatments.
- Review and act on results of check-ups and health screenings.
- Monitor existing and new symptoms.
- Speak up about ANY concerns or doubts.

**A recent report has found that people with mental illnesses die decades earlier than the general population.\* YOU CAN CHANGE THIS!**

\*National Association of State Mental Health Program Directors. Measurement of Health Status for People with Serious Mental Illness, (2008).



Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

To learn more and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.

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