

Mental Health Awareness Month

What is Mental Health?

Mental Health is cognitive or emotional well-being or the absence of a mental disorder.

What are the categories of Mental Health Disorders?

Mental Health Disorders include: mood disorders (depression, mania), anxiety disorders (GAD, or generalized anxiety disorder, phobias and panic disorders), personality disorders, eating disorders, sleep disorders, cognitive disorders (dementia, amnesia), and developmental disorders, to name a few.

What are the signs and symptoms of Mental Health Disorders?

Signs and symptoms of mental health disorders vary. Discuss any concerning changes in things such as mood or concentration with a qualified healthcare provider.

How common are Mental Health Disorders?

One in four Americans suffer from a mental health disorder.

Did you know?

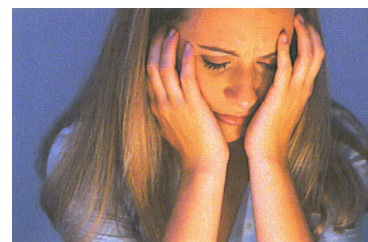
Mental disorders are the leading cause of disability in the US and Canada.

- www.nimh.nih.gov, 2010



Things To Look For:

- ❖ Sleeping too little or sleeping too much
- ❖ Excessive loss of weight without intent through diet and exercise
- ❖ Excessive gain of weight
- ❖ Feeling nervous or anxious
- ❖ Trouble functioning in your job or personal life
- ❖ Family or friends noticing a change in personality or behavior
- ❖ Problems concentrating
- ❖ Change in libido or sexual drive
- ❖ Loss of interest in things you used to enjoy
- ❖ Feeling guilty, hopeless or worthless
- ❖ Fatigue or loss of energy
- ❖ Thoughts of suicide or death



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Diagnosing Mental Health Disorders

Diagnosing mental health disorders can often be difficult and come from a combination of tests and criteria established in the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders).

Blood test: blood tests may assist your healthcare provider in determining whether or not you could have a chemical imbalance

Surveys: surveys can assist in measuring things, such as mood, for which there is a broad spectrum of possibilities

Treatment of Mental Health Disorders

Treatment may include a combination of the following:

Group Therapy: treatment in groups allows participants to share their experiences with others and learn from what the other participants have done

Clinical Psychotherapy: psychotherapy attempts to treat mental disorders by helping the person understand their disorder and giving them tools to deal with things such as stress

Hypnosis: hypnosis targets subconscious thoughts and allows them to be explored as possible causes for change in mood or behavior

Electroshock Therapy: ECT, as it is also known, is a controversial treatment option for depressive or manic mood disorders that are unresponsive to drug therapy; in ECT, a person, under the effects of anesthesia, is subjected to a seizure state that causes an increase in certain chemicals in the body which can produce positive outcomes for the patient

Drug Therapy: there are hundreds of medications available to treat various mental health disorders; most of these medications work by increasing or decreasing certain chemicals in the body to produce the desired effect

Habit and Lifestyle Changes: changes in diet and exercise has been shown to positively affect a person's mood; organization can be helpful to establish control and manage stressful situations



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Mental Health America: www.mentalhealthamerica.net

The National Alliance on Mental Illness: www.nami.org

National Institute of Health: www.nihm.nih.gov

Center for Disease Control and Prevention: www.cdc.gov

