Mental Health:

What You Need to Know

Changing Minds

Because every mind matters.

Mental illnesses are as real as diseases such as heart disease or cancer. But understanding that mental illness isn't a weakness or a character flaw helps people get help.

Many people with a mental health disorder don't get treatment. They may think it won't help. Or, they don't recognize the symptoms. Others may not be able to afford treatment. The social stigma of mental illness also stops people from getting help. This often means worsening symptoms. In some cases it leads to suicide.

Mental health problems may be passed down through the family. Or, they can occur because of abnormal brain chemistry, substance abuse, or in response to traumatic events or an abusive environment. In other words, a mental illness isn't the fault of the person who's suffering.

The Most Common Mental Health Issues

Depression • Anxiety and Panic Disorders • Posttraumatic Stress Disorder (PTSD) • Bipolar Disorder Attention-Deficit/Hyperactivity Disorder (ADHD) • Substance Abuse • Schizophrenia

Symptoms

Learning about the symptoms of mental illness can help you recognize when you or a loved one need help.



Feeling sad, burned out, or useless.

Everyone feels down sometimes. Severe and persistent symptoms are what distinguish depression from normal sadness.



Sudden, intense anxiety, fear, or panic.

Heart palpitations, chest pain, feeling smothered, dizziness, trembling, and faintness can all be signs of panic disorder.



Ongoing worries and fears.

People who have unrealistic or extreme anxiety and worry about life circumstances could have an anxiety disorder.



Unexplained pain or other physical symptoms.

Ongoing physical symptoms can signal emotional upset like headaches, stomachaches, and chronic pain with no clear cause.



Chronic fatigue and lack of energy.

Being too tired to do the things you used to love can be a sign of emotional distress or emotional overload.



Staying away from other people.

Spending all of your time alone instead of with friends or family can be a sign of stress overload or a social phobia.

Other symptoms of mental health problems include: ongoing nightmares, flashbacks, dramatic changes in sleep or weight, or substance abuse, including alcohol.

When to Ask for Help

Knowing when to seek treatment for mental health disorders is important. Families, spouses, teachers, or friends are often the first to suspect that their loved one or their student is challenged by feelings, behaviors, or other conditions that cause them to act disruptive, rebellious, or sad.

If you or someone you know is struggling with relationships, work or school, sleep, changes in appetite, emotions, substance abuse, delays in development, or coping with stress - we can help.

Take the first step and call to learn how we can help.

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