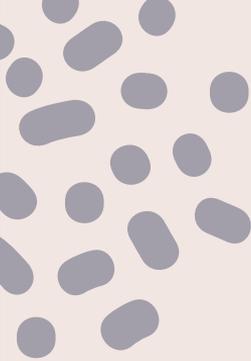




Mental Health



This is a HUGE topic

First

Mental Health 101

Second

Anxiety and Depression

Third

Mental Health and FOP

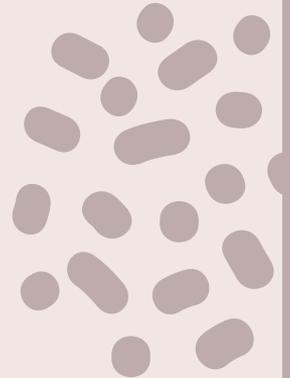
Last

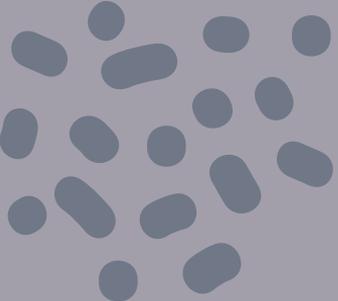
Treatment and Resources

Mental Health 101

Any mental illness (AMI) is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness as defined below).

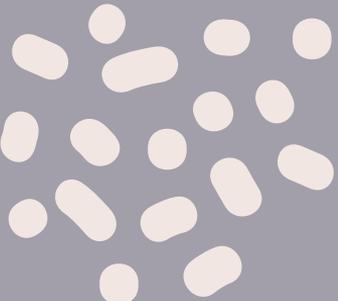
Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI.





1 in 5

US Adults experience Mental Illness each year



46.4%



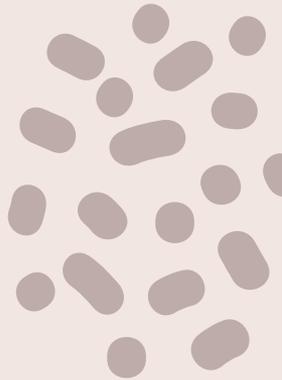
**In the United States,
almost half of adults
will experience a
mental illness
during their
lifetime.**

**43.8 million adults
(18 or older)
experience a
mental illness in
any one year**

5%



50%



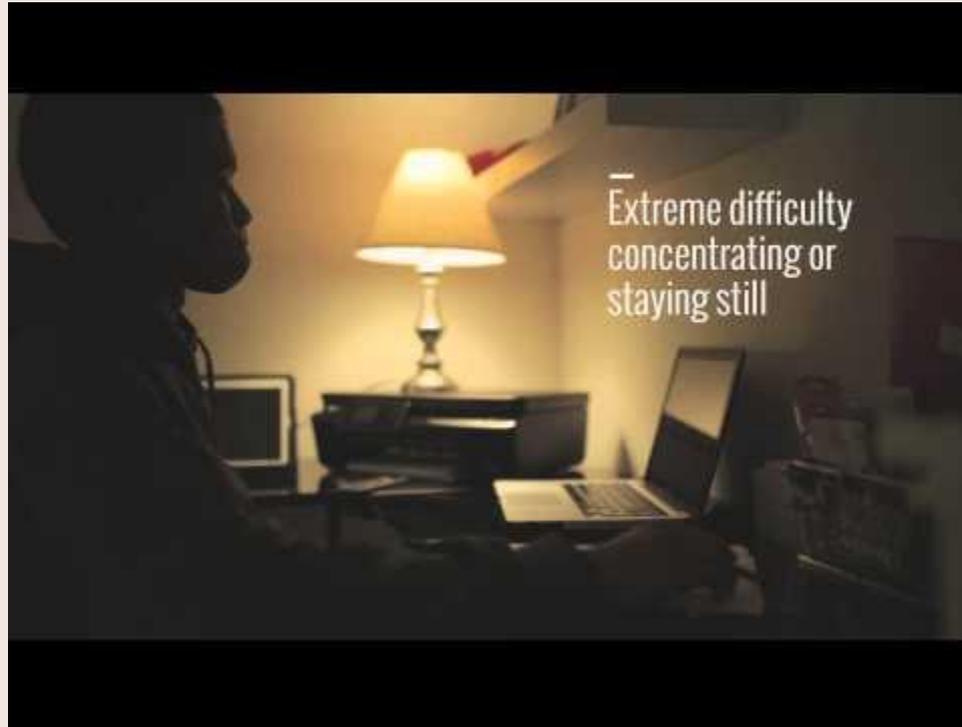
Half of all mental disorders begin by age 14 and three-quarters by age 24.

**US emergency
department visits
are related to
mental health and
substance abuse
disorders**

1 in 8

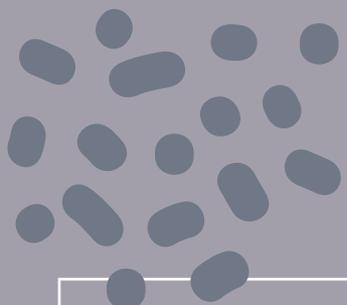


Warning Signs



— Extreme difficulty
concentrating or
staying still



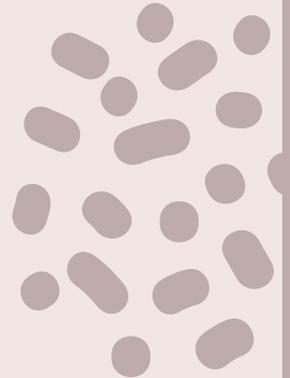


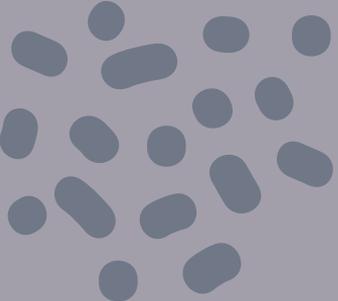
Symptoms

Anxiety	Depression
Excessive/uncontrollable worrying or fear	Feeling excessively sad or low
Restlessness, feeling on edge, or “keyed up”	Changes in sleeping habits or feeling tired and low energy
Irritability	Changes in eating habits such as increased hunger or lack of appetite
Muscle Tension	Loss of Interest in previously pleasurable activities

FOP and Mental health

- Those with chronic pain are 4x as likely to have depression or anxiety.
- Having no treatment for FOP can lead to feelings of powerlessness
- Difficulty moving can make you feel anxious in public
- The unpredictability of flare-ups can cause anxiety about the future
- Isolation due to limited mobility/lack of public understanding can look like depression





POSITIVE

Brief increases in heart rate,
mild elevations in stress hormone levels.

TOLERABLE

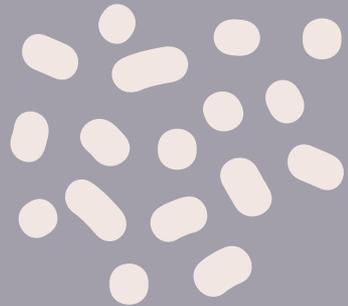
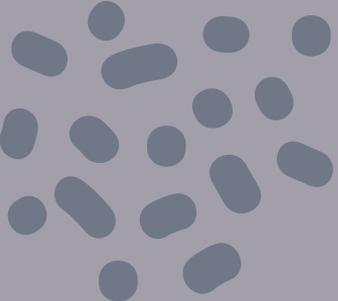
Serious, temporary stress responses,
buffered by supportive relationships.

TOXIC

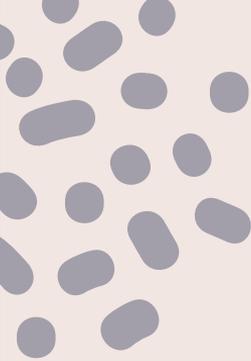
Prolonged activation of stress
response systems in the absence
of protective relationships.



Toxic Stress



Treatment



Resources

[National Suicide Prevention Lifeline](#) - 800-273-8255. It offers 24/7 support.

<https://www.psychologytoday.com/us>

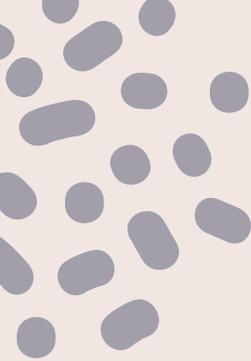
<https://www.talkspace.com/>

<https://www.betterhelp.com/>

<https://www.a4pt.org/page/TherapistDirectory>

<https://openpathcollective.org/>

<https://www.nami.org/Find-Support/NAMI-HelpLine>



Sources

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<https://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders>

<https://www.nami.org/mhstats>

<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

<https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>

<https://www.mhanational.org/chronic-pain-and-mental-health>

<https://www.health.harvard.edu/healthbeat/the-pain-anxiety-depression-connection>



THANK YOU

Questions?

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Presentation Template: [SlidesMania](#)