Mental Health
This is a HUGE topic

First        Mental Health 101
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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
In the United States, almost half of adults will experience a mental illness during their lifetime.

46.4%
43.8 million adults (18 or older) experience a mental illness in any one year
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.
Warning Signs

Extreme difficulty concentrating or staying still
### Symptoms

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

**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.
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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THANK YOU

Questions?

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