



Raisin' Your Mental Wellness

Finding Peace of Mind

If you aren't feeling good and have unexplained medical problems, you may have a very treatable disorder. Mental health experts recommend that you take the following steps:

1. Get screened. Screenings are free self-questionnaires that help identify if symptoms are in range of needing further assessment. They are available for the variety of anxiety and depressive disorders.
2. Make an appointment with your physician. Explain that you are suffering from depression or anxiety symptoms, but you want a complete physical to rule out other illnesses that may be underlying your feelings of anxiety or depression.
3. If your symptoms are caused by an illness other than anxiety or depression, follow the advice of your physician.
4. If your anxiety or depression is mental health related talk to your physician about his/her comfort in helping you recover. Make certain that he/she will be able to refer you to a mental health professional. A qualified therapist will help you develop skills to change behaviors and thought patterns that keep you anxious or depressed. Your therapist will also be able to help determine if you will need medication.
5. To aid in your recovery it is important to remember these simple things
 - ❖ Follow the advice of your physician, therapist, or other healthcare provider.
 - ❖ Take your medication as directed. (Keep your doctor informed of any side effects of the medication. Also, remember it often takes several weeks for medication to make a change in your mood.)
 - ❖ Exercise.
 - ❖ Get plenty of sleep and rest.
 - ❖ Eat healthy foods. A balanced diet helps balance brain chemicals.
 - ❖ Find activities that help you relax such as walking, yoga, meditation, and spirituality to name a few.

Being "too busy" is no excuse for lack of self-care. If you can't take care of yourself, you will not be able to adequately care for your loved ones. Everyone will suffer.

6. Seek as much information as you can so that you can monitor your wellness and effectively communicate your symptoms.

Check-out

www.guidetofeelingbetter.org
for more anxiety, depression, and substance use information,
screenings, phone and web link resources



For more information, screenings and resources:

www.guidetofeelingbetter.org

Feeling Better Monthly Cable Show

Tune in every month for expert interviews and practical tips for getting and staying mentally well. Check for show times and channels in your area or watch online at www.guidetofeelingbetter.org

National Institute of Mental Health

1-888-ANXIETY (1-888-826-9438)

1-800-421-4211 publication ordering

Or www.nimh.nih.gov

Mental Health America

1-800-969-6642

Or www.nmha.org

Mental Health Association of NKY & SW Ohio

859-431-1077

Or www.mhankyswoh.org

An Awareness Project of the Mental Health and Substance Abuse Awareness Committee

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