

My Mental Health Newsletter

November 2016

IN THIS ISSUE: INTERNATIONAL DAY OF TOLERANCE · INTERNATIONAL SURVIVORS OF SUICIDE DAY

COMPASSIONATE CARE BACKED BY SCIENCE

MMH FOLLOWS EVIDENCE BASED PRACTICES, WHICH MEANS WE USE TREATMENTS AND INTERVENTIONS THAT HAVE BEEN THOROUGHLY TESTED AND RESEARCHED. THIS ENSURES THAT PROVIDE TREATMENTS THAT BEST HELP OUR CLIENTS REACH THEIR GOALS.

HOW WE HELP YOU

PHYSICIAN ASSISTANTS ARE TRAINED IN MEDICINE AND WORK UNDER THE SUPERVISION OF A PHYSICIAN. THEY PERFORM EVALUATIONS AND ASSESSMENTS, PRESCRIBE MEDICINE, ORDER PSYCHOLOGICAL TESTS AND REFERRALS AS NEEDED, AND ESTABLISH AND MANAGE TREATMENT PLANS.

LICENSED CLINICAL SOCIAL WORKERS ARE SOCIAL WORKERS WHO ARE TRAINED IN COUNSELING. THEY HELP INDIVIDUALS DEAL WITH A VARIETY OF MENTAL HEALTH AND DAILY LIVING PROBLEMS TO IMPROVE OVERALL FUNCTIONING AND WELL-BEING.

LICENSED CLINICAL PSYCHOLOGISTS ARE MENTAL HEALTH PROFESSIONALS TRAINED IN DIAGNOSING AND TREATING MENTAL, BEHAVIORAL, AND EMOTIONAL ILLNESSES. THEY USE PSYCHOLOGICAL METHODS AND RESEARCH IN THEIR THERAPY. THEY CAN ALSO PERFORM PSYCHOLOGICAL TESTS TO CLARIFY THEIR PATIENTS ISSUES AND IMPROVE TREATMENT.

Insurance

MMH PARTICIPATES WITH AETNA, CAREFIRST BLUE CROSS BLUE SHIELD, MAGELLAN, CIGNA, MEDICARE AND TRICARE.



A Message from Dr. Hanita Chhabra MD, Founder and Medical Director of MMH

"I believe that mental illness is no different than physical illness. Thankfully, we have solutions for most illnesses: glasses for weak eye sight, insulin for diabetes, and medications, therapy and TMS for mood and anxiety disorders. Suffering with mental illness is not a choice any more than it is a choice to require glasses or insulin. You should never expect yourself to "fix" your suffering alone. We at MMH are here to help and we will always give you our best care."

International Day of Tolerance

In the spirit of the International Day of Tolerance, on November 16th, MMH would like to join the fight against mental health stigma. In any given year, mental health issues will impact one in four people in the U.S. Yet, mental health and addiction continue to be misunderstood and rarely spoken of in our country.

Mental illness and substance abuse disorders are treatable health issues. Just like any other illness, there are resources to help manage symptoms and create better quality of life. Recovery is possible.

Stigma linked to mental health and addiction often keep people from seeking the help they need. We must treat those living with mental illness

with tolerance, and support them while they seek help. We must be willing to educate ourselves and others, and to speak up.

MENTAL HEALTH STATISTICS	
26%	Estimated number of adults living with diagnosable illness every year.
1 in 2	People will have a mental illness in their lifetime.
1 in 3	People with mental illness who will get treatment.
90%	People in treatment for mental illness who experience significantly reduced symptoms and increased quality of life.

To find out more, visit stampoutstigma.com and mentalhealth.gov



For more information

Call: (443) 354 1200
MyMentalHealthTMS.com
facebook.com/MyMentalHealth2016

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SUICIDE WARNING SIGNS

- Increased use of alcohol and/or drugs.
- Acting recklessly.
- Withdrawing from and loss of interest in activities
- Isolating from family and friends.
- Sleeping too much or too little.
- Giving away prized possessions.
- Display of rage, depression, irritability, and anxiety.
- Talking about being a burden to others, feeling trapped, experiencing unbearable pain, or having no reason to live.

SUICIDE RISK FACTORS

- Stressful life events, including divorce, death, or job loss
- Prolonged stress factors, including harassment, bullying, relationship problems, and unemployment.
- Exposure to another person’s suicide, or to graphic or sensationalized accounts of suicide.
- Family history of suicide attempts.
- Serious or chronic health condition and/or pain.
- Substance abuse disorders
- Mental health disorders, including depression, bipolar disorder, schizophrenia, borderline or antisocial personality disorder, conduct disorder, and anxiety disorder.

SUICIDE STATISTICS

- Suicide is the 10th leading cause of death in the US each year. There are, on average, 117 suicides per day.
- Men are 3.5 times more likely to commit suicide than women.
- Suicide costs the US \$44 Billion annually.
- The rate of suicide is highest in middle age.

To find out more, visit afsp.org.

International Survivors of Suicide Day

Each year, over one million people die by suicide; that’s an average of one person every 40 seconds worldwide. For every person who commits suicide, there are 25 people who attempt suicide. In honor of International Survivors of Suicide Day, on November 19th, MMH would like to share resources to help survivors of suicide, and those who are at risk of suicide.

Survivors of Suicide

Coping with the deep hurt after surviving a suicide attempt is difficult, but possible. You can recover and find hope again. It may take time, but you can heal physically and emotionally.

There are several things survivors can do to help themselves recover. The first is to make a safety plan – a step-by-step plan of what to do when you feel depressed or are in crisis. The next suggestion is to find a therapist or support group that you feel comfortable sharing with.

Project Semicolon

Many survivors of suicide are joining Project Semicolon, and sharing their stories. Project Semicolon’s message is “A semicolon is used when an author could’ve ended a sentence but chose not to. You are the author and the sentence is your life. Your story is not over.” To be a part of Project Semicolon, visit projectsemicolon.org.

Suicide Prevention

Most people who are considering suicide seek help. For example, 64% of people who attempt suicide visit a doctor in the month before their attempt, and 38% in the week before. The best thing that you can do for

“When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.”

- Harriet Beecher Stowe

someone at risk of suicide is show them support and talk with them.

Talking with and finding help for someone that may be suicidal can be difficult. Here are some tips to help: Be direct, non-judgmental, and willing to listen. Don’t act shocked, don’t dare him/her to do it, and don’t lecture him/her on the value of life. Offer hope and talk about alternatives.

Don’t be sworn to secrecy. Remove means, like weapons or pills. Seek support and get help from people or agencies specializing in suicide prevention and crisis intervention.



Call: 1-800-273-TALK (8255)
Visit: suicidepreventionlifeline.org

Have feedback?

You can message us through Facebook, or anonymously through our website, and we will take your suggestions or concerns into consideration.

Why we love MMH

“I love all of the people that I have encountered here thus far. Everyone knows my name and I always feel comfortable, welcome, and taken care of. Just wanted to applaud you all, keep up the good work!!!” – Alex

In our next newsletter...

We will discuss the overuse of pain relievers in our county, and how substance abuse is linked to depression.

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