



To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Where To Get Help

Check the Yellow Pages under “mental health,” “social services,” “suicide prevention,” “crisis intervention services,” “hotlines,” “hospitals,” or “physicians” for phone numbers and addresses. In times of crisis, an emergency room doctor at a hospital may provide temporary help for an emotional problem, and will be able to tell you where and how to get further help.

Listed below are the types of people and places that will make a referral to, or provide diagnostic and treatment services.

- ♦ *Family doctors*
- ♦ *Psychiatrists, psychologists, social workers, or mental health counselors*
- ♦ *Health maintenance organizations*
- ♦ *Community mental health centers*
- ♦ *Hospital psychiatry dept. & outpatient clinics*
- ♦ *University- or medical school-affiliated programs*
- ♦ *Family service, social agencies, or clergy*
- ♦ *Private clinics and facilities*
- ♦ *Employee assistance programs*
- ♦ *Local medical and/or psychiatric societies*

Source: www.nimh.nih.gov

How Family & Friends Can Help The Depressed Person

In any given one-year period, 9.5 percent of the population, or about 18.8 million American adults, suffer from a depressive illness. If you know someone that may be suffering from depression, the most important thing anyone can do is to help him or her get an appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to abate (several weeks), or to seek different treatment if no improvement occurs. On occasion, it may require making an appointment and accompanying the depressed person to the doctor. It may also mean monitoring whether the depressed person is taking medication.

There's More...In addition, the National Institute of Mental Health, recommends that you:

- » **Encourage** the depressed person to obey the doctor's orders regarding the use of alcoholic products while on medication.
- » **Offer** emotional support. This involves understanding, patience, affection, and encouragement.
- » **Engage** the depressed person in conversation and listen carefully.
- » **Do not disparage** feelings expressed, but point out realities and offer hope.
- » **Do not ignore** remarks about suicide. Report them to the depressed person's therapist.
- » **Invite** the depressed person for walks, outings, to the movies, and other activities. Be gently insistent if your invitation is refused.
- » **Encourage** participation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon.

Source: www.nimh.nih.gov

