

Mental Health Disorders Are Treatable

A mental health disorder can affect people in many ways. It can keep them from holding a steady job, performing effectively at work, developing a close relationship, or even feeling healthy.

A recent survey from the National Institute of Mental Health (NIMH) showed that every year, one of every three Americans suffers from some kind of mental health disorder. Nearly all of those people could have received treatment if they had sought help. Eighty to 90 percent of the most severe mental health disorders are successfully treated.

Depression Is Common

Depression is one of the most common mental health disorders. This condition affects nearly 11 million people each year. National surveys show that about 75 percent of those polled had experienced at least one bout of severe depression in their life.

The surveys also show that seven out of 10 people with depression do not seek help. Untreated depression is often as disabling as a chronic physical illness, such as diabetes or arthritis. About 15 percent of



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people with depression take their own lives.

Seeking Treatment

For those who seek treatment for depression, the outcome is excellent. About 80 to 90 percent of those who seek help feel much better in a few weeks. There are

many treatment options that can help people cope with or alleviate their depression. These treatment options include medication, behavioral or cognitive therapy, or a combination of both medication and therapy.

Please remember that as with a physical condition, a mental health disorder takes time to heal.

Other Disorders Are Easily Treatable

Anxiety disorders are just as easily treatable. Recent studies have shown success in using relaxation or medication or a combination of both.

Obsessive-compulsive disorders affect 1 to 2 percent of the American population. People with an obsessive-compulsive disorder may have a biological imbalance that can often be treated fairly easily.

Keep in mind that not all mental illnesses are curable. But for most people who experience a mental health disorder, successful treatment is available. Call your Primary Care Physician or your aligned mental health provider for more information.

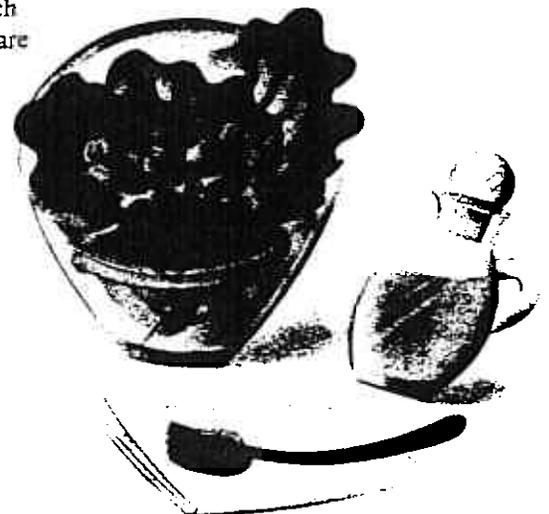
Bring on the Beans

You may have heard the saying "Good things come in small packages." Well, beans may be small, but they do great things for your body. Eating legumes, such as black beans, black-eyed peas, chickpeas, fava beans, kidney beans, lentils, lima beans, and soybeans, can offer big health benefits. These low-fat, high-fiber foods can help reduce your risk of heart disease and some types of cancer. Beans give you fiber,

protein, iron, potassium, magnesium, and several B vitamins. And four ounces of beans have about one-tenth as much fat as one ounce of lean ground beef.

If you're not used to cooking with beans, you might not know where to begin. Try these dishes:

- a garden salad with kidney beans and chickpeas
- split pea soup



- rice with black beans

For more ideas, pick up a vegetarian cookbook.

If you can complete any of these phrases...

"I feel so alone,
I just wish I was..."

▽

"It's my fault. I'm weak.
I feel downright..."

▽

"I stopped eating.
I can't sleep.
What's wrong with..."

▽

"I'm so ashamed,
I can't face my friends..."

▽

"If I disappeared,
nobody would even..."

...you may have clinical depression.

Please take the time to look through the next list of symptoms. If any of them pertain to you, contact your Primary Care Physician or your Mental Health Vendor. A basic rule is that if you have several of the symptoms for two weeks or more, you could have clinical depression. Clinical depression is a medical illness that can be treated.

If you need assistance in contacting your Primary Care Physician or Mental Health Vendor, please contact our Member Service Department at 1-800-622-2843 or TDD 1-800-669-7075.

Don't ignore it – your Primary Care Physician can help.

Feelings of sadness or irritability

▽

Loss of interest or pleasure
in activities once enjoyed

▽

Changes in weight or appetite

▽

Changes in sleeping pattern

▽

Feeling guilty, hopeless, or worthless

▽

Inability to concentrate,
remember things, or make decisions

▽

Fatigue or loss of energy

▽

Restlessness or decreased activity

▽

Thoughts of death or suicide



Adapted from *Diagnostic and Statistical Manual of Mental Disorders*, 4th ed. revised. Washington, DC: American Psychiatric Association, 1994.