

# Mental Health Matters

October 2022



## Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free

**888-444-8624** any time

OR

Go to

[www.liveandworkwell.com](http://www.liveandworkwell.com)  
and browse as a guest using code **CSEBO**

## Depression Awareness Month

### Key facts

- Depression is a common mental disorder. Globally, it is estimated that 5% of adults suffer from depression.
- Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease.
- More women are affected by depression than men.
- Depression can lead to suicide.
- There is effective treatment for mild, moderate, and severe depression.

### Overview

Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years (1). Approximately 280 million people in the world have depression (1). Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15-29-year-olds.

Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment (2). Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. In countries of all income levels, people who experience depression are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.

### Symptoms and patterns

During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day, for at least two weeks. Several other symptoms are also present, which may include poor concentration, feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide, disrupted sleep, changes in appetite or weight, and feeling especially tired or low in energy.

In some cultural contexts, some people may express their mood changes more readily in the form of bodily symptoms (e.g. pain, fatigue, weakness). Yet, these physical symptoms are not due to another medical condition.

Full article found at <https://www.who.int/news-room/fact-sheets/detail/depression>





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In case of an Emergency:

- **911 For Immediate Support**
- **Ventura County Crisis Team (866) 998-2243 –(24 hours)**

**MENTAL  
HEALTH  
MATTERS**

**#ENDTHESTIGMA**

## **Thinking About Professional Help? Here's Where to Start**

Life can be challenging at times. Everyone experiences feelings like anxiety, sadness and stress now and then. While these feelings are common, it's important to recognize when they may be interfering with your daily life. If you feel overwhelmed by emotions or experiences, know that you are not alone. Nearly 1 in 5 adults in the United States experience a mental health or substance use challenge each year.

If you or someone you know is impacted by a mental health or substance use challenge, consider seeking professional help. The right treatment can help you manage your day-to-day life and make mental wellbeing – including recovery from substance use – a reality.

If you are in crisis or are having suicidal thoughts, contact someone immediately!

- If you feel unable to keep yourself safe, call 911.
- Suicide Prevention Hotline: Dial 988
- Access the National Suicide Prevention Lifeline online or call 800-273-8255 (TALK).
- Use the Crisis Text Line by texting "MHFA" to 741-741.
- Contact a friend or family member and let them know you need help right away.

According to the National Council for Mental Wellbeing's 2022 Access to Care Survey, almost 50% of Americans who say they needed substance use or mental health care in the past 12 months did not receive it. One of the main reasons people do not get help is not knowing where to get it from. If you or someone you know does not know where to begin seeking professional help, start here:

1. Call your primary care physician. Your primary care physician can be a great resource for mental health treatment. They can recognize developing symptoms and work with you to determine a treatment plan, refer you to a specialist and identify any underlying physical issues.
2. Ask people you know for recommendations for a mental health or substance use professional. You can also find a mental health or substance use professional, like a licensed therapist, psychiatric nurse practitioner, clinical social worker or psychologist, by asking friends and family members or looking online. There are many online tools you can use to find professional services, like the Substance Abuse and Mental Health Services Administration's (SAMHSA), Behavioral Health Treatment Services Locator, or Psychology Today's "Find a Therapist" tool, which allows you to search for providers by ZIP code and filter by criteria including types of insurance accepted and areas of expertise.

SAMHSA also offers their National Helpline 800-662-4357 (HELP). The helpline is a confidential, free, 24/7/365 information service, available in English and Spanish, that provides referrals to local treatment facilities, support groups and community-based organizations.

1. If you have health insurance, search your insurance provider's website. Most insurance companies have an online directory of in-network providers that allows you to filter and search for specific services, including mental health care. They can also often tell you whether the practice is currently accepting new patients or not.

Full article found at <https://www.mentalhealthfirstaid.org/2022/08/thinking-about-professional-help-heres-where-to-start/>