



# **Mental Health**

---

**Kristen Holm, PhD, MPH**  
**Associate Professor, National Jewish Health**  
**Consultant, AlphaNet**

# Main Topics

---

- Symptoms of depression and anxiety
  - When to seek treatment
  - Treatment options
-

# Symptoms of Depression and Anxiety

- How can you distinguish normal fluctuations in mood from diagnosable depression or anxiety?



# Symptoms of Depression

---

- Depressed mood most of the day, nearly every day
  - Decreased interest or pleasure in activities
  - Fatigue or energy loss
  - Decreased ability to think or concentrate
  - Feelings of worthlessness or guilt
  - Appetite loss/gain or weight loss/gain
  - Sleep changes (sleeping too little or too much)
  - Increase or reduction in physical movements due to inner restlessness or tension
  - Recurrent thoughts of death (not just fear of dying)
-

# Symptoms of Anxiety

---

- Excessive anxiety and worry about a variety of events and situations, more days than not, for at least 6 months
  - Difficulty controlling the anxiety
  - Additional symptoms
    - Wound-up, tense, restless
    - Easily fatigued or worn out
    - Difficulty concentrating
    - Irritability
    - Muscle tension
    - Difficulty with sleep
-

# Symptoms of Depression and Anxiety

---

- These symptoms do not “count” if you are experiencing them due to:
    - your medical condition
    - the medications you are taking to treat your medical condition
-

# Symptoms of Depression and Anxiety: “Normal” vs “Clinical Problem”

- Being sad or worried is normal
  - You can go there, just don't park there



# When To Seek Treatment

---

- How do you know when symptoms are beyond what is normal?
    - Do symptoms interfere with work, activities, relationships, or sleep?
    - Do you feel stuck?
  - When in doubt, seek evaluation/treatment
-



# Treatment Options



# Treatment Resources

---

- Medication options: talk with your physician
    - Primary care
    - Pulmonologist
    - Psychiatrist
  - Finding a therapist: contact your health insurance company
    - Ask for behavioral health or mental health providers
-

# Treatment Resources

---

- Association for Behavioral and Cognitive Therapies
    - [www.abct.org](http://www.abct.org)
    - 212-647-1890
  - American Psychological Association
    - [www.apa.org](http://www.apa.org)
    - 800-964-2000
  - American Association for Marriage and Family Therapy
    - [www.aamft.org](http://www.aamft.org)
    - 703-838-9808
-

# Brief Summary

---

- If symptoms are interfering with your life, seek evaluation/treatment
  - Treatment options
    - Medications
    - Talk therapy
-