Mental Health

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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 <u>not</u> "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"

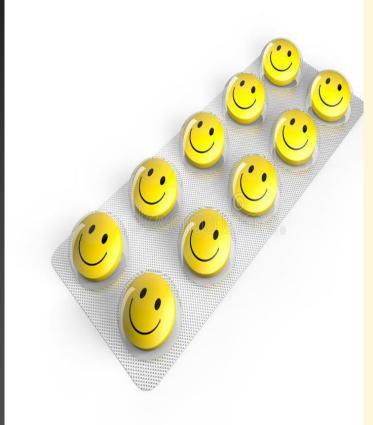
- Being sad or worried is normal
 - You can go there, just don't park there



When To Seek Treatment

- How do you know when symptoms are beyond what is normal?
 - Do symptoms <u>interfere</u> with work, activities, relationships, or sleep?
 - Do you feel <u>stuck</u>?
- 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
 - 212-647-1890
- American Psychological Association
 - www.apa.org
 - **800-964-2000**
- American Association for Marriage and Family Therapy
 - www.aamft.org
 - **703-838-9808**

Brief Summary

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