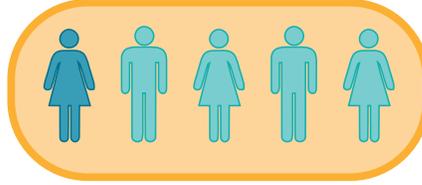


B4Stage4

Changing the Way We Think About Mental Health

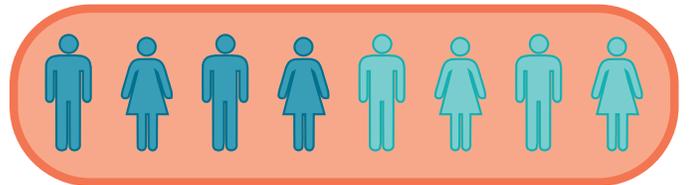
When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases and are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don't we do the same for individuals who are dealing with potentially serious mental illness?



1 in 5

American adults will have a diagnosable mental health condition in any given year.¹

50 PERCENT



of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.²

Stages of Mental Health Conditions

Stage 1:
Mild Symptoms
and Warning
Signs

At Stage 1, a person begins to show symptoms of a mental health condition, but is still able to maintain the ability to function at home, work or school—although perhaps not as easily as before they started to show symptoms. Often there is a sense that something is “not right.”

Stage 2:
Symptoms Increase
in Frequency and
Severity and Interfere
with Life Activities and
Roles

At Stage 2, it usually becomes obvious that something is wrong. A person's symptoms may become stronger and last longer or new symptoms may start appearing on top of existing ones, creating something of a snowball effect. Performance at work or school will become more difficult, and a person may have trouble keeping up with family duties, social obligations or personal responsibilities.

Stage 3:
Symptoms Worsen with
Relapsing and Recurring
Episodes Accompanied
by Serious Disruption in
Life Activities and Roles

At Stage 3, symptoms have continued to increase in severity, and many symptoms are often taking place at the same time. A person may feel as though they are losing control of their life and the ability to fill their roles at home, work or school.

Stage 4:
Symptoms are
Persistent and Severe
and Have Jeopardized
One's Life

By Stage 4, the combination of extreme, prolonged and persistent symptoms and impairment often results in development of other health conditions and has the potential to turn into a crisis event like unemployment, hospitalization, homelessness or even incarceration. In the worst cases, untreated mental illnesses can lead to loss of life an average of 25 years early.



Catching mental health conditions early is known as Early Identification and Intervention. However, many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential. Even though mental illnesses may require intensive, long-term treatment and a lot of hard work at the later stages, people can and do recover and reclaim their lives.

One way to see if you may be experiencing symptoms of a mental health condition is to take a screening. Visit www.mhascreening.org to take a quick, confidential screening for a variety of mental health conditions including anxiety, depression, mood disorders or Post-Traumatic Stress Disorder. Use your screening results to start a conversation with your primary care provider, or a trusted friend or family member and begin to plan a course of action for addressing your mental health.



www.mhascreening.org
Anonymous • Free • Confidential



Remember, mental health conditions are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support, and it may take some time for a person to find the right treatment or combination of treatments that works best for them. But when they do, the results can be truly amazing and life changing.

For more information about what you should know and what you can do at each stage, visit www.mentalhealthamerica.net/b4stage4.

www.mentalhealthamerica.net



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B4Stage4 Get Informed

When you or someone close to you starts to experience the early warning signs of mental illness, knowing what the risk factors and symptoms are will help to catch them early. Often times, family and friends are the first to support a person through these early stages. Like other health conditions, we need to address the symptoms early, identify the underlying illness, and plan an appropriate course of action on a path towards overall health.

Risk Factors

Genes

17-28%

of risk for mental illnesses can be accounted for by variations in common genes.

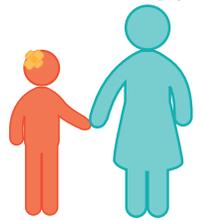
Much stronger links were found in twin and family studies. Estimates for total heritability, or how much a disease is tied to genetics, are¹:

- Schizophrenia 81%
- Bipolar disorder 75%
- ADHD 75%
- Depression 37%



Biology

In one study, head injury between the ages of 11-15 was the strongest predictor for development of schizophrenia, depression, and bipolar disorder.²



Brain changes like building a "tolerance" or reward response to stress, or abnormalities in the prefrontal and frontal cortex, and irregularities in the function of the neurotransmitter glutamate are also risk factors for mental illness and substance use.⁴



Environment

People who are exposed to adverse childhood events including abuse, neglect, divorce, witnessing domestic violence and having parents who have substance use issues, mental illnesses or are in jail are:

2.6x more likely to have depression

5x more likely to have serious alcohol problems



17x more likely to have learning or behavioral problems

3x more likely to have serious job problems³

Lifestyle

Substance use can increase chances of developing a mental illness

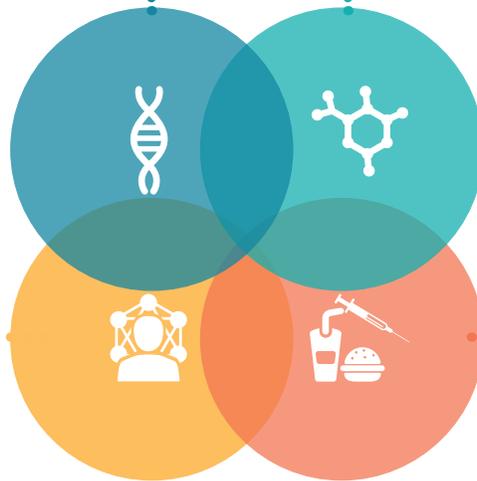
and having a mental illness can increase risk of using substances

People with any mental illness are:

2.3x as likely to develop nicotine dependence

3x more likely to develop alcohol dependence

30x more likely to develop illicit drug dependence⁵



Early Warning Signs and Symptoms

Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition. Be aware of these symptoms when they last longer than a few weeks:



Problems with concentration, memory, or ability to think clearly



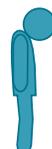
Changes in eating such as loss of appetite or overeating



Not being able to complete school or work tasks



Feeling overly worried



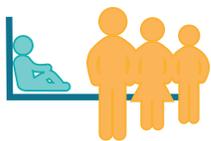
Feeling sad, empty, hopeless, or worthless



Sensitivity to sounds, sight, smell, or touch



Irritability and restlessness



Loss of interest in activities that are normally enjoyable, withdrawal from others, or disconnection



Feeling like your brain is playing tricks on you. Hearing knocking or scratching sounds, or name being called



Changes in energy level and sleep patterns. Often someone will sleep during the day and be up at night

Signs and symptoms that require immediate attention:

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character

If you or someone you know is in crisis, call 1-800-273-TALK (8255), go to your local Emergency Room or call 911.

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B4Stage4 Get Screened

Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms.

84%

of the time between first symptoms and first treatment is spent not recognizing the symptoms of mental illness.

16%

of time is spent getting help.¹

The delays in treatment for mental illnesses are longer than for many other health conditions.²⁻⁴



Anxiety Disorders



Mood Disorders



Psychosis

Screening can help catch mental health problems early—B4Stage4.

Screening is an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness.

A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.



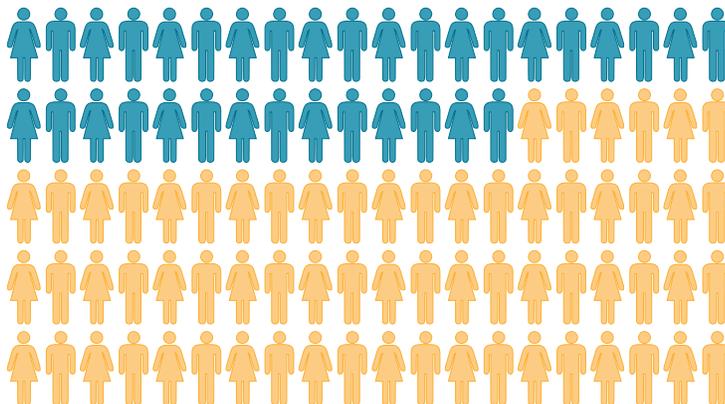
www.mhascreening.org

Anonymous • Free • Confidential

MHAScreening.org uses proven tools to check for symptoms of depression, anxiety, mood disorders, Post-Traumatic Stress Disorder, psychosis and more.

90%

of people who started a screen at MHAScreening.org completed a screen and got immediate results.



66%

of people who took a screening scored moderate to severe. Of those, over 60% had never been diagnosed.

Getting screened increases the chances of getting treatment.

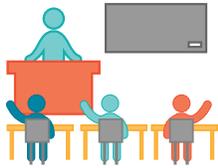


When positive screening results were given during a primary care visit, doctors were **over 3 times more likely to recognize the symptoms of mental illness** and to plan to follow up with the patient.

Treatment following screening has been shown to reduce symptoms of mental illness and the **positive effects of treatment are still seen a year later.**⁵⁻⁷

The earlier that mental health problems are caught and treated, the less it costs and the better the results.

Early Late



Good Behavior Game Prevention Program

\$81.04
per student
per year⁸



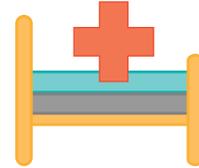
Cognitive Behavioral Therapy for Anxiety

\$1,239.62
per year or course
of 12 sessions⁹



Intensive Home-Based Family Therapy for Youth

\$7,680.85
per year¹⁰



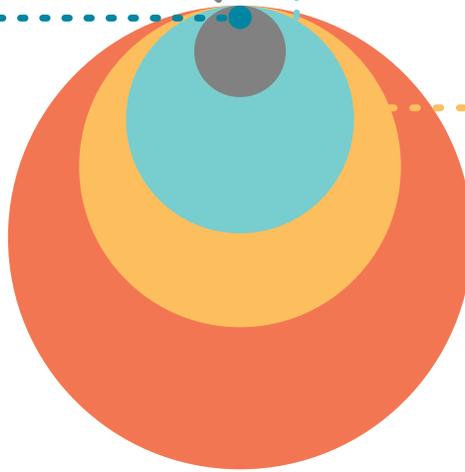
Hospitalization

\$15,317.57
per stay
(average length
of stay 7.2 days)^{11,12}



Incarceration

\$31,846.46
per year¹³



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¹¹ <http://kff.org/other/state-indicator/expenses-per-inpatient-day/>
¹² <http://www.cdc.gov/nchs/fastats/mental-health.htm>
¹³ <http://www.vera.org/sites/default/files/resources/downloads/price-of-prisons-updated-version-021914.pdf>
 *Cost figures adjusted for 2015 using The U.S. Bureau of Labor Statistics CPI

B4Stage4

Where to Get Help

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use the decision map below to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.



B4Stage4 Get Help

You've decided to get help—that itself is a big step—now it's important that you understand options for treatment. You may end up trying a few different options or a combination of treatments, not just one. That's okay—it is all about what works best for you. This list doesn't include everything, and there are many other treatments and providers (visit mentalhealthamerica.net for more information). Make sure you tell your treatment team about all of the options you're using.

Therapy

There are many approaches to therapy for individuals and groups, including cognitive behavioral therapy.

Provided by: Psychologists, Licensed Clinical Social Workers (LCSWs), Pastoral Counselors, other specialists like Marriage and Family Therapists, some Psychiatrists, Inpatient Care, Hospitals



Medication

Medications aren't cures, but they can treat symptoms. Every medication has benefits, risks, and side effects. Keep in mind that it may take 6-8 weeks for a medication to have its full effect.

Provided by: Psychiatrists, Other Medical Doctors, Nurse Practitioners and Physician's Assistants (under supervision of a doctor), Inpatient Facilities, Hospitals



Peer Support

While they aren't counselors, peers can give valuable insight on how to recover from mental illnesses because they have experience. Peers provide hope, education and advocacy.

Provided by: Certified Peer Specialists, Peer Supporters, Support Groups, Online Support Communities



Community-Based Services

Community-based mental health services are team approaches that help you and your family work on all aspects of life and recovery. Common community services include: evaluations of your mental health and role in the community, education to empower personal recovery, individual and group therapy, case management, and supported education and employment. These services are provided through small or large programs and while some work might be completed in an office, most of the treatment is provided at your home and in your natural environment.

Provided by: Local MHAs, Community Mental Health Treatment organizations and programs. Check out the SAMHSA Treatment Locator at findtreatment.samhsa.gov



Complementary and Alternative Medicine

Many Americans, nearly 40 percent, use health care approaches developed outside of mainstream Western, or conventional, medicine for specific conditions or overall well-being.

The most commonly used natural product among adults in the past 30 days was fish oil/omega 3s (reported by 37.4 percent of all adults who said they used natural products).¹

Provided by: Doctors, Pharmacies, Internet (Caution advised—some natural supplements can have serious interactions with medications. Always discuss Complementary and Alternative treatments with a doctor.)



Self-Care

Self-care can include online, self-managed programs like Beating the Blues, which can improve the symptoms of anxiety and depression.² It can also include things like exercise, which can have a moderate effect on depression.³

Provided by: You



Managing Expectations

Even if you have insurance, not all providers will accept it. There are many reasons that this happens, including low reimbursement rates and large amounts of paperwork. However, you may be able to get reimbursed for some of your care—ask your insurance company about out-of-network care and their reimbursement process.

Check out our guide on How Insurance Works at www.mentalhealthamerica.net/how-insurance-works.

It's going to take a while to see someone. Nationally, there's only 1 mental health provider for 790 adults. With 1 in 5 adults experiencing a mental health condition in a given year, a lot of those providers have their hands full.⁴ This is a network problem that groups like Mental Health America are trying to change at national, state, and local levels.

Some areas don't have the care you need, even if you can pay for it. This can happen because of your location (if you live in a rural area, you may have to travel a long distance to find a therapist) or because providers in your area don't offer the supports you need (like community-based services). Thirty to forty percent of children and adults report that they couldn't get the mental health treatment they needed because of cost, inability to access treatment, or inadequate insurance.⁴ This is an access to care problem that advocacy groups like Mental Health America are working on. Want to help? Find your local MHA Affiliate at mentalhealthamerica.net and see how you can get involved.

It's going to cost money. For example, individuals nationwide spent an average of 10 percent of their family's annual income out of pocket for mental health/substance abuse treatment.⁵ However, the cost of waiting can be worse. If you need help paying for treatment, visit mentalhealthamerica.net/paying-care.

Your first provider may not be "the one". Choosing a mental health provider can be kind of like dating. Sometimes, you're just not compatible. You may have to change providers before you feel comfortable. While it can feel like a hassle, it's worth it to find the right fit.

Some people are going to be critical or doubtful. More than half of people believe that others are caring and sympathetic to individuals with mental illness, however that may not always be the case.⁶ You may encounter some naysayers, but there are also people who will support you and want you to get better. If you don't have them in your life, you can find them in support groups or online communities.

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B4Stage4

Anxiety in Older Adults

Have you ever suffered from excessive nervousness, fear or worrying? Do you sometimes experience chest pains, headaches, sweating, or gastrointestinal problems? You may be experiencing symptoms of anxiety.

Excessive anxiety that causes distress or that interferes with daily activities is not a normal part of aging, and can lead to a variety of health problems and decreased functioning in everyday life.

14%

of older adults meet the criteria for a diagnosable anxiety disorder

27%

of older adults had symptoms of anxiety that didn't qualify as a diagnosable disorder, but significantly impacted their functioning¹

Common Types of Anxiety Disorders and Their Symptoms

The most common anxiety disorders include specific phobias and generalized anxiety disorder. Social phobia, obsessive-compulsive disorder, panic disorder, and post-traumatic stress disorder (PTSD) are less common.

Panic Disorder: Characterized by panic attacks, or sudden feelings of terror that strike repeatedly and without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal discomfort, and fear of dying.

Obsessive-Compulsive Disorder: People with obsessive-compulsive disorder (OCD) suffer from recurrent unwanted thoughts (obsessions) or rituals (compulsions), which they feel they cannot control. Rituals, such as hand washing, counting, checking or cleaning, are often performed in hope of preventing obsessive thoughts or making them go away.

Post-Traumatic Stress Disorder: PTSD is characterized by persistent symptoms that occur after experiencing a traumatic event such as violence, abuse, natural disasters, or some other threat to a person's sense of survival or safety. Common symptoms include nightmares, flashbacks, numbing of emotions, depression, being easily startled, and feeling angry, irritable or distracted.

Phobia: An extreme, disabling and irrational fear of something that really poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives. Common phobias include agoraphobia (fear of the outside world); social phobia; fear of certain animals; driving a car; heights, tunnels or bridges; thunderstorms; and flying.

Generalized Anxiety Disorder: Chronic, exaggerated worry about everyday routine life events and activities, lasting at least six months; almost always anticipating the worst even though there is little reason to expect it. Accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache, or nausea.

Identifying Risk Factors for Anxiety

Like depression, anxiety disorders are often unrecognized and undertreated in older adults. Anxiety can worsen an older adult's physical health, decrease their ability to perform daily activities, and decrease feelings of well-being.

Check for Risk Factors

Anxiety in older adults may be linked to several important risk factors. These include, among others:

- Chronic medical conditions (especially chronic obstructive pulmonary disease [COPD], cardiovascular disease including arrhythmias and angina, thyroid disease, and diabetes)
- Overall feelings of poor health
- Sleep disturbance
- Side effects of medications (i.e. steroids, antidepressants, stimulants, bronchodilators/inhalers, etc)
- Alcohol or prescription medication misuse or abuse
- Physical limitations in daily activities
- Negative or difficult events in childhood
- Excessive worry or preoccupation with physical health symptoms

Screening for Anxiety

A quick, easy and confidential way to determine if you may be experiencing an anxiety disorder is to take a mental health screening. A screening is not a diagnosis, but a way of understanding if your symptoms are having enough of an impact that you should seek help from a doctor or other professional.

Visit www.mhascreening.org to take an anxiety screening. If you don't have internet access, you can ask your primary care doctor to do a screening at your next visit.

Anxiety is common and treatable, and the earlier it is identified and addressed, the easier it is to reverse the symptoms.



Treatment Options

The most common and effective treatment for anxiety is a combination of therapy and medication, but some people may benefit from just one form of treatment.

If you or someone you know is experiencing symptoms of any form of anxiety, you should seek professional help immediately. If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Medicare Helps Cover Mental Health Services

Worrying about health insurance costs should never be a barrier to treatment. Visit the Medicare QuickCheck® on MyMedicareMatters.org/lp/mha to learn more about all of the mental health services available to you through Medicare.

Medicare Part A

Medicare Part A (hospital insurance) helps cover mental health care if you're a hospital inpatient. Part A covers your room, meals, nursing care, and other related services and supplies.

Medicare Part B

Medicare Part B (medical insurance) helps cover mental health services that you would get from a doctor as well as services that you generally would get outside of a hospital, like visits with a psychiatrist, clinical psychologist or clinical social worker, and lab tests ordered by your doctor. Part B may also pay for partial hospitalization services if you need intensive coordinated outpatient care.

Medicare Part D

Medicare Part D (prescription drug coverage) helps cover drugs you may need to treat a mental health condition.



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B4Stage4

Depression in Older Adults

Have you ever suffered from extended periods of sadness, loss of pleasure in everyday activities, poor sleep, or feelings of worthlessness or guilt? Have you quickly lost or gained weight, or lost all energy to complete everyday tasks? If so, you may be experiencing symptoms of depression.

Contrary to stereotypes about aging, depression is not a “normal” part of getting older. It is a medical problem that affects many older adults and can often be successfully treated.

According to a recent study from the *American Journal of Geriatric Psychiatry*:

27%

of older adults assessed by aging service providers met the criteria for a diagnosis of major depression

31%

of older adults had symptoms of depression that didn't qualify as a diagnosable disorder, but significantly impacted their lives¹

Identifying Risk Factors for Depression

Depression is often under-recognized and under-treated in older adults. Without treatment, depression can impair an older adult's ability to function and enjoy life, and can contribute to poorer overall health. Compared to older adults without depression, those with depression often need greater assistance with self-care and daily living activities, and often recover more slowly from physical disorders. Use the checklist to determine if you or someone you know may be at risk for depression.

Check for Risk Factors

Depression in older adults may be linked to several important risk factors. These include, among others:

- Medical illness (particularly chronic health conditions associated with disability or decline)
- Overall feelings of poor health, disability, or chronic pain
- Progressive sensory loss (i.e. deteriorating eye sight or hearing loss)
- A history of falling repeatedly
- Sleep disturbances
- Mental impairment or dementia
- Medication side effects (in particular from benzodiazepines, narcotics, beta blockers, corticosteroids, and hormones)
- Alcohol or prescription medication misuse or abuse
- Prior depressive episode, or family history of depression
- Extended mourning due to death of a friend, family member, or other loss
- Any type of stressful life events (i.e. financial difficulties, new illness/disability, change in living situation, retirement or job loss, and interpersonal conflict)
- Dissatisfaction with one's social network

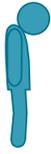
Symptoms of Depression



Changes in energy level and sleep patterns



Difficulties with concentration or decision making



Feeling sad, empty, hopeless, worthless or extremely guilty



Loss of interest or pleasure in activities



Frequent thoughts of death or suicide, or an attempt of suicide



Noticeable restlessness or irritability



Changes in appetite, eating habits, or weight

Screening For Depression

A quick, easy and confidential way to determine if you may be experiencing depression is to take a mental health screening. A screening is not a diagnosis, but a way of understanding if your symptoms are having enough of an impact that you should seek help from a doctor or other professional. Visit www.mhascreening.org to take a depression screening. If you don't have internet access, you can ask your primary care doctor to do a screening at your next visit.

Depression is common and treatable, and the earlier it is identified and addressed, the easier it is to reverse the symptoms.

Get screened.



www.mhascreening.org
Anonymous • Free • Confidential

Treatment Options

The most common and effective treatment for depression is a combination of therapy and medication, but some people may benefit from just one form of treatment.

If you or someone you know is experiencing symptoms of depression, you should seek professional help immediately. If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Medicare Helps Cover Mental Health Services

Worrying about health insurance costs should never be a barrier to treatment. Visit the Medicare QuickCheck® on MyMedicareMatters.org/lp/mha to learn more about all of the mental health services available to you through Medicare.

Medicare Part A

Medicare Part A (hospital insurance) helps cover mental health care if you're a hospital inpatient. Part A covers your room, meals, nursing care, and other related services and supplies.

Medicare Part B

Medicare Part B (medical insurance) helps cover mental health services that you would get from a doctor as well as services that you generally would get outside of a hospital, like visits with a psychiatrist, clinical psychologist or clinical social worker, and lab tests ordered by your doctor. Part B may also pay for partial hospitalization services if you need intensive coordinated outpatient care.

Medicare Part D

Medicare Part D (prescription drug coverage) helps cover drugs you may need to treat a mental health condition.

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National Council on Aging

Sources

¹ U.S. Administration on Aging/Substance Abuse and Mental Health Services Administration. (2013). Older Americans behavioral health issue brief 6: Depression and anxiety: Screening and intervention. Retrieved April 2, 2015, from http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/IssueBrief_6_DepressionAnxiety_Color.pdf
² Medicare & Your Mental Health Benefits. (2014). Baltimore: Centers for Medicare and Medicaid Services. Retrieved April 2, 2015, from <http://www.medicare.gov/publications/pubs/pdf/10184.pdf>

B4Stage4 Preventing Suicide in Older Adults

Have you ever suffered from depression? Have you experienced increasing social isolation in recent years, the death of loved ones, or feelings of hopelessness? You may be at risk for suicidal thoughts or actions.

If you or someone you know has thought about suicide, you are not alone. In 2013, the highest suicide rate (19.1%) was among people 45 to 64 years old. The second highest rate (18.6%) occurred in those 85 years and older. According to the CDC, an estimated 10,189 older Americans (ages 60 and up) died from suicide in 2013. Notably, suicides are particularly high among older, white males (32.74 suicides per 100,000 people). In fact, the rate of suicide in the oldest group of white males (ages 85+) is over four times higher than the nation's overall rate of suicide.

According to the CDC **OVER 10,000** Americans over age 60 died from suicide in 2013

Identifying Warning Signs for Suicide

A person who may be thinking about suicide likely does not want to die, but is in search of some way to make pain or suffering go away. Older people who attempt suicide are often more isolated, more likely to have a plan, and more determined than younger adults. Suicide attempts are more likely to end in death for older adults than younger adults, especially when attempted by men. But suicide is 100% preventable. Use the checklist below to determine if you or someone you know may be showing warning signs of suicidal thoughts.

Check for Risk Factors

Suicidal thoughts in older adults may be linked to several important risk factors and warning signs. These include, among others:

- Depression
- Prior suicide attempts
- Marked feelings of hopelessness; lack of interest in future plans
- Feelings of loss of independence or sense of purpose
- Medical conditions that significantly limit functioning or life expectancy
- Impulsivity due to cognitive impairment
- Social isolation
- Family discord or loss (i.e. recent death of a loved one)
- Inflexible personality or marked difficulty adapting to change
- Access to lethal means (i.e. firearms, other weapons, etc.)
- Daring or risk-taking behavior
- Sudden personality changes
- Alcohol or medication misuse or abuse
- Verbal suicide threats such as, "You'd be better off without me" or "Maybe I won't be around"
- Giving away prized possessions

Preventing Suicide

It is crucial that friends and family of older adults identify signs of suicidal thoughts and take appropriate follow-up actions to prevent them from acting on these thoughts. Suicidal thoughts are often a symptom of depression and should always be taken seriously.

Passive suicidal thoughts include thoughts of being “better off dead.” They are not necessarily associated with increased risk for suicide, but are a sign of significant distress and should be addressed immediately.

In contrast, active suicidal thoughts include thoughts of taking action toward hurting or killing oneself. An example of an active suicidal thought would be answering yes to the question “In the last two weeks, have you had any thoughts of hurting or killing yourself?” These thoughts require immediate clinical assessment and intervention by a mental health professional. If someone you know has a suicide plan with intent to act, you should not leave them alone—make sure to stay with them until emergency services are in place.

If you or someone you know is experiencing passive or active suicidal thoughts, or has described a plan with intent to act, it is essential that you intervene and get help from a mental health professional immediately. A timely and appropriate intervention can prevent suicide, and addressing issues sooner rather than later often results in better treatment outcomes.

In a Crisis

If you or someone you know is in crisis and would like to talk to a crisis counselor immediately, call the free, 24/7, confidential National Suicide Prevention Lifeline at 1-800-TALK (1-800-273-8255). *In cases of emergency, call 911 immediately.*

Medicare Helps Cover Mental Health Services

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Sources

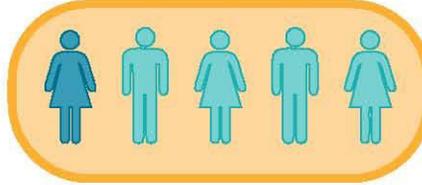
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B4Stage4

(Antes de la Etapa 4)

Cambiando la manera en que pensamos acerca de la salud mental

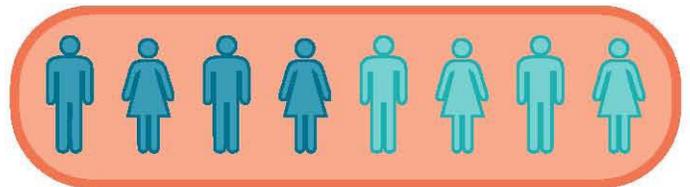
Cuando pensamos en el cáncer, enfermedades cardíacas o diabetes, no esperamos años para tratarlas. Comenzamos antes de la etapa 4, comenzamos con la prevención. Cuando las personas se encuentran en la primera etapa de esas enfermedades y comienzan a mostrar signos o síntomas como tos persistente, hipertensión o niveles elevados de azúcar en la sangre, de inmediato intentamos revertir estos síntomas. No los ignoramos. De hecho, desarrollamos un plan de acción para revertir y en ocasiones detener la progresión de la enfermedad. Entonces, ¿por qué no hacemos lo mismo con las personas que enfrentan una enfermedad mental potencialmente seria?



1 de 5

adultos estadounidenses tendrán una enfermedad mental diagnosticable en un año dado.¹

50
PORCIENTO



de los estadounidenses cumplirán los criterios de una enfermedad mental diagnosticable en algún momento de su vida, y la mitad de estas personas desarrollarán condiciones antes de los 14 años.²

Etapas de las condiciones de salud mental

Etapa 1:

Síntomas y signos de advertencia leves

En la Etapa 1, una persona comienza a presentar síntomas de una condición de salud mental, pero aún puede mantener la capacidad de funcionar en el hogar, en el trabajo o en la escuela, aunque tal vez no con tanta facilidad como antes de comenzar a presentar síntomas. En general, existe una sensación de que algo "no está bien".

Etapa 2:

Los síntomas aumentan en frecuencia y severidad e interfieren con las actividades y funciones de la vida

En la Etapa 2, con frecuencia se vuelve obvio que algo está mal. Los síntomas de la persona pueden ser más fuertes y durar más o pueden comenzar a aparecer nuevos síntomas además de los existentes, creando un efecto de bola de nieve. El rendimiento laboral o escolar se dificultará, y una persona puede tener problemas para cumplir con los deberes familiares, las obligaciones sociales o las responsabilidades personales.

Etapa 3:

Los síntomas empeoran con recaídas y episodios recurrentes acompañados de una seria interferencia con las actividades y roles de la vida

En la Etapa 3, la severidad de los síntomas continúa aumentando y muchos síntomas con frecuencia ocurren al mismo tiempo. Una persona puede sentir que pierde el control de su vida y la capacidad de cumplir sus roles en el hogar, el trabajo o la escuela.

Etapa 4:

Los síntomas son persistentes y serios y ponen en peligro la propia vida

En la Etapa 4, la combinación de síntomas extremos, prolongados y persistentes y la incapacidad, con frecuencia resulta en el desarrollo de otras enfermedades y tiene el potencial de convertirse en una situación de crisis como el desempleo, la hospitalización, la falta de vivienda o incluso el encarcelamiento. En los peores casos, las enfermedades mentales no tratadas pueden ocasionar la pérdida de la vida en un promedio de 25 años antes.



La detección temprana de las enfermedades mentales se conoce como identificación e intervención temprana. Sin embargo, muchas veces las personas no se dan cuenta que sus síntomas son causados por una condición de salud mental o sienten vergüenza de buscar ayuda debido al estigma asociado con la enfermedad mental. Depende de todos nosotros conocer los signos y actuar para que las enfermedades mentales puedan detectarse temprano y tratarse, y podamos vivir a nuestro máximo potencial. Aunque las enfermedades mentales pueden requerir un tratamiento intensivo a largo plazo y mucho trabajo duro en las etapas más avanzadas, las personas se pueden recuperar (y lo hacen y retoman sus vidas).

Una forma de determinar si usted puede estar experimentando síntomas de una condición de salud mental es realizar una prueba de salud mental. Visite www.mhascreening.org para realizar una prueba de salud mental rápida y confidencial para una variedad de condiciones de salud mental, como la ansiedad, depresión, trastornos del estado de ánimo o trastorno de estrés postraumático. Utilice los resultados de su prueba para comenzar una conversación con su proveedor de atención primaria o un amigo o familiar de confianza, y comience a planificar un curso de acción para manejar su salud mental.



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Recuerde, las condiciones de salud mental no solo son comunes, sino que son tratables. Existe una amplia variedad de opciones de tratamiento para las enfermedades mentales, que van desde la terapia de conversación a la medicación y el apoyo de compañeros líderes, y puede tomar cierto tiempo para que una persona encuentre el tratamiento adecuado o una combinación de tratamientos que funcione mejor para ella. Pero cuando lo hace, los resultados pueden ser verdaderamente sorprendentes y cambiar la vida.

Para obtener más información sobre lo que debe saber y qué puede hacer en cada etapa, visite www.mentalhealthamerica.net

www.mentalhealthamerica.net



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#B4Stage4 (#AntesdeLaEtapa4)

#MHMonth2015

Fuentes

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(Antes de la Etapa 4)

Infórmese

Cuando usted o alguien cercano comienza a experimentar los signos de advertencia temprana de enfermedad mental, conociendo cuáles son los factores y síntomas de riesgo ayudará a manejarlos con anticipación. Con frecuencia, los familiares y amigos son los primeros en ayudar a una persona en estas etapas iniciales. Al igual que en otros problemas de salud, debemos tratar los síntomas lo antes posible, identificar la enfermedad subyacente y planificar un curso de acción apropiado en una ruta hacia la salud general.

Factores de riesgo

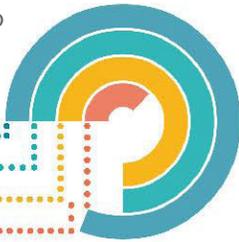
Los genes

17-28%

Se encontraron enlaces mucho más fuertes en estudios en gemelos y familiares. Los cálculos de heredabilidad total, o cómo una enfermedad se vincula con la genética, son¹:

- Esquizofrenia 81%
- Trastorno bipolar 75%
- ADHD 75%
- Depresión 37%

de riesgo de enfermedad mental puede deberse a variaciones en los genes comunes.



Biología

En un estudio, una lesión en la cabeza entre la edad de 11-15 fue el principal indicador del desarrollo de esquizofrenia, depresión y trastorno bipolar.²

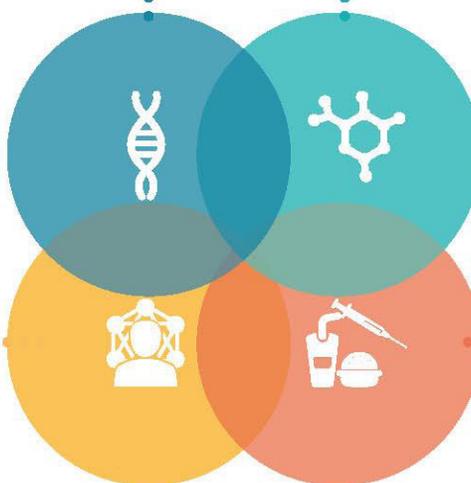


Los cambios en el cerebro como crear una "tolerancia" o respuesta de recompensa al estrés, o las anomalías en la corteza prefrontal y frontal, y las irregularidades en la función del neurotransmisor glutamato también son factores de riesgo para la enfermedad mental y abuso de sustancias.⁴



Ambiente

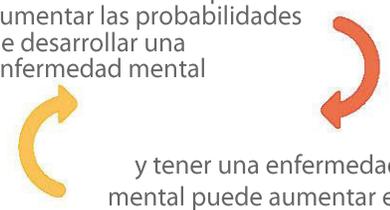
Las personas expuestas a eventos adversos en la niñez, como abuso, negligencia, divorcio, presenciar violencia doméstica y tener padres con problemas de abuso de sustancias, enfermedad mental o en prisión:



Estilo de vida

El uso de sustancias puede aumentar las probabilidades de desarrollar una enfermedad mental

y tener una enfermedad mental puede aumentar el riesgo de usar sustancias



2.6x tienen una mayor probabilidad de tener depresión

5x tienen una mayor probabilidad de tener problemas graves con el alcohol



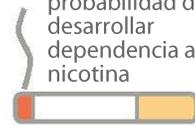
17x tienen una mayor probabilidad de tener problemas de conducta o aprendizaje



3x Tienen una mayor probabilidad de tener serios problemas laborales³

Las personas con una enfermedad mental:

2.3x tienen la misma probabilidad de desarrollar dependencia a la nicotina



3x tienen una mayor probabilidad de desarrollar dependencia al alcohol



30x tienen una mayor probabilidad de desarrollar dependencia a drogas ilícitas⁵

Signos y síntomas tempranos de advertencia

Tener una combinación de síntomas (no solo un síntoma) indica que una persona puede presentar signos de una condición de salud mental. Preste atención a estos síntomas cuando duran más de unas semanas:



Problemas de concentración, memoria o capacidad de pensar claramente



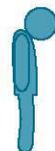
Cambios alimenticios como perder el apetito o comer exageradamente



No poder completar tareas escolares o laborales



Sentirse extremadamente preocupado



Sentirse triste, vacío, desesperanzado o sin valor



Sensibilidad a los sonidos, vista, olor, o tacto



Irritabilidad e inquietud



Pérdida de interés en actividades que son normalmente divertidas, alejamiento de otras personas o desconexión



Sentir que el cerebro lo está engañando. Escuchar ruidos de golpes o chirridos, o que llaman su nombre



Cambios en el nivel de energía y los patrones de sueño. Con frecuencia dormirá durante el día y estará despierto de noche

Signos y síntomas que requieren atención inmediata:

- Pensamientos o planes de matarse o lastimarse, o a otra persona
- Escuchar voces o ver cosas que ninguna otra persona puede escuchar o ver
- Cambios inexplicables en el pensamiento, el habla o la escritura
- Sentirse extremadamente sospechoso o temeroso
- Sería reducción en el rendimiento escolar o laboral
- Cambios repentinos en la personalidad que son extraños o fuera de la personalidad

Si usted o una persona que usted conoce está en crisis, llame al 1-800-273-TALK (8255), visite su sala local de emergencia o comuníquese al 911.

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B4Stage4

(Antes de la Etapa 4)

Realice una prueba de salud mental

Muchas personas no buscan tratamiento en las etapas tempranas de las enfermedades mentales porque no reconocen los síntomas.

84%

del tiempo entre los primeros síntomas y el primer tratamiento transcurre sin reconocimiento de los síntomas de enfermedad mental.

16%

del tiempo se dedica a obtener ayuda.¹

Las demoras en el tratamiento de las enfermedades mentales son más prolongadas que para muchas otras enfermedades. 2-4



Trastornos de ansiedad



Trastornos del estado de ánimo



Psicosis

Las pruebas de salud mental pueden ayudar a detectar los problemas de salud mental con anticipación — AntesDeLaEtapa4.

Las pruebas de salud mental son una forma anónima, gratuita y privada de conocer sobre su salud mental y si presenta signos de advertencia de enfermedad mental.

Una prueba de salud mental solo toma unos minutos, y después de terminar recibirá información sobre los próximos pasos que debe tomar de acuerdo con los resultados. Una prueba de salud mental no es un diagnóstico, pero puede ser una herramienta útil para comenzar una conversación con su médico o un ser querido acerca de su salud mental.

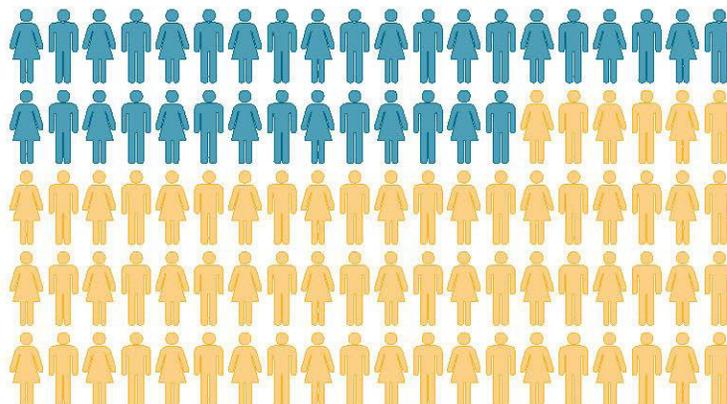


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MHAScreening.org utiliza herramientas comprobadas para detectar los síntomas de depresión, ansiedad, trastornos del estado de ánimo y trastorno de estrés postraumático.

90%

de las personas que comenzaron una prueba de salud mental en MHAScreening.org completaron la prueba y recibieron resultados inmediatos.



66%

de las personas que realizaron una prueba de salud mental obtuvieron un puntaje moderado a severo.

De ellos, más del 60% nunca había recibido un diagnóstico.

Realizar una prueba de salud mental aumenta la posibilidad de recibir tratamiento.



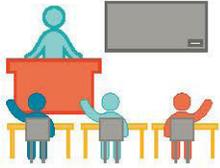
Cuando se obtuvieron resultados positivos de una prueba de salud mental durante una visita de atención primaria, los médicos **tuvieron una probabilidad 3 veces mayor de reconocer los síntomas de enfermedad mental** y planificar el seguimiento con el paciente.

Se ha demostrado que el tratamiento después de la prueba de salud mental reduce los síntomas de enfermedad mental y los **efectos positivos del tratamiento aún se observan hasta un año después.**⁵⁻⁷

Cuanto antes se detectan y se tratan los problemas de salud mental, cuesta menos y los resultados son mejores.

Temprano

Tarde



Programa de prevención - Juego de buena conducta

\$81.04
por estudiante
por año⁸



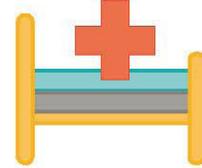
Terapia cognitivo-conductual para la ansiedad

\$1,239.62
por año o por curso
de 12 sesiones⁹



Terapia familiar intensiva basada en el hogar para jóvenes

\$7,680.85
por año¹⁰



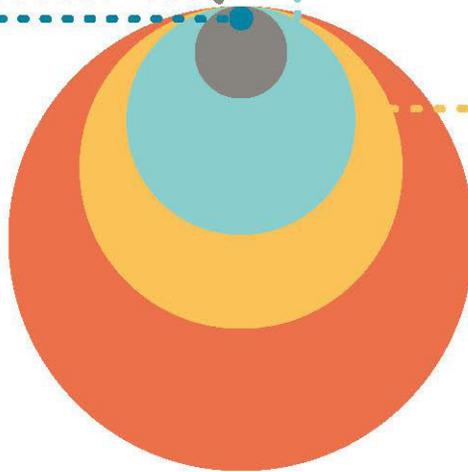
Hospitalización

\$15,317.57
por estadía (duración promedio de la estadía 7,2 días)^{11,12}



Encarcelamiento

\$31,846.46
por año¹³



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Fuentes

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⁸ <http://www.wsipp.wa.gov/BenefitCost/Program/82>
⁹ <http://www.wsipp.wa.gov/BenefitCost/Program/71>
¹⁰ <http://www.wsipp.wa.gov/ReportFile/1484>
¹¹ <http://kff.org/other/state-indicator/expenses-per-inpatient-day/>
¹² <http://www.cdc.gov/nchs/fastats/mental-health.htm>
¹³ <http://www.vera.org/sites/default/files/resources/downloads/price-of-prisons-updated-version-021914.pdf>
 *Cifras de costos ajustadas para el 2015 usando el CPI de la Oficina de Estadísticas de Trabajo de los Estados Unidos

B4Stage4

(Antes de la Etapa 4)

Dónde recibir ayuda

Cuando ha decidido buscar ayuda, conocer los recursos disponibles y saber dónde comenzar puede resultar difícil. Use el mapa de decisiones a continuación para ayudarlo a determinar sus opciones. Si no encuentra ayuda al final de un camino, pruebe alguno de los recursos en los cuadros dorados.



B4Stage4

(Antes de la Etapa 4)

Obtenga ayuda

Usted ha decidido obtener ayuda, lo que significa un gran paso, ahora es importante que comprenda las opciones de tratamiento. Puede terminar probando diferentes opciones o una combinación de tratamientos, no solo uno. Está bien, se trata de determinar qué funciona mejor para usted. La lista no incluye todo, y existen muchos otros tratamientos y proveedores (visite mentalhealthamerica.net para obtener más información). Asegúrese de informar a su equipo de tratamiento todas las opciones que está usando.

Terapia

Existen numerosos enfoques de terapia para personas y grupos, incluyendo la terapia cognitivo-conductual.

Provista por: Psicólogos, trabajadores sociales clínicos con licencia (LCSW), consejeros religiosos, otros especialistas como terapeutas de matrimonio y familia, algunos psiquiatras, atención de pacientes internados, hospitales



Medicación

Las medicaciones no son curas, pero pueden tratar los síntomas. Cada medicación tiene beneficios, riesgos y efectos secundarios. Recuerde que puede tomar de 6 a 8 semanas para que una medicación alcance su efecto completo.

Provista por: Psiquiatras, otros médicos, enfermeras y asistentes de médicos (bajo la supervisión de un médico), centros de internación, hospitales



Apoyo de Compañeros Líderes

Si bien no son consejeros, los compañeros líderes pueden brindar información valiosa sobre cómo recuperarse de las enfermedades mentales porque tienen experiencia. Los compañeros líderes proporcionan esperanza, educación y abogacía.

Provisto por: Especialistas certificados de apoyo mutuo, compañeros líderes, grupos de apoyo, comunidades de apoyo en línea



Servicios basados en la comunidad

Los servicios de salud mental basados en la comunidad son enfoques de equipo que lo ayudan a usted y a su familia a trabajar en todos los aspectos de la vida y la recuperación. Los servicios comunes de la comunidad incluyen: evaluaciones de su salud mental y su rol en la comunidad, educación para facilitar la recuperación personal, terapia individual y de grupo, administración de casos y educación asistida y empleo. Estos servicios se ofrecen por medio de programas grandes o pequeños y si bien parte del trabajo puede completarse en una oficina, la mayor parte del tratamiento se proporciona en su hogar y en su ambiente natural.

Provisto por: MHA locales, organizaciones y programas de tratamiento de salud mental de la comunidad. Consulte el Localizador de tratamientos de SAMHSA en findtreatment.samhsa.gov



Medicina complementaria y alternativa

Muchos estadounidenses, casi el 40 por ciento, utiliza enfoques de atención médica desarrollados fuera de la medicina occidental general o convencional para enfermedades específicas o el bienestar general.

El producto natural utilizado con mayor frecuencia entre los adultos en los últimos 30 días fue el aceite de pescado/omega 3 (informado por el 37,4 por ciento de todos los adultos que dijeron que usaron productos naturales).¹

Provista por: Médicos, farmacias, Internet (se recomienda tener precaución—algunos suplementos naturales pueden tener interacciones graves con los medicamentos. Siempre consulte con su médico sobre los tratamientos complementarios y alternativos.)



Cuidado personal

El cuidado personal puede incluir programas en línea de autoadministración como Beating the Blues, que pueden mejorar los síntomas de la ansiedad y la depresión.² También puede incluir cosas como el ejercicio, que puede tener un efecto moderado sobre la depresión.³

Provisto por: Usted



Manejo de las expectativas

Incluso si usted tiene un seguro médico, no todos los proveedores lo aceptarán. Hay muchas razones para esto, incluidas las bajas tarifas de reembolso y las grandes cantidades de documentos que deben presentarse. Sin embargo, es posible que pueda recibir un reembolso por parte de su tratamiento, consulte con su compañía de seguro médico sobre la atención fuera de la red y su proceso de reembolso.

Consulte nuestra guía sobre cómo funciona el seguro en http://www.mentalhealthamerica.net/sites/default/files/how%20Ins%20works_Spa.pdf

Pasará un tiempo hasta que vea a alguien. A nivel nacional, hay un solo proveedor de salud mental para cada 790 adultos. Con 1 de 5 adultos que experimenta una enfermedad mental en un año dado, gran cantidad de estos proveedores están ocupados por completo.⁴ Este es un problema de la red que grupos como Mental Health America intentan cambiar a nivel nacional, estatal y local.

Algunas áreas no tienen la atención que usted necesita, incluso si paga por ella. Esto puede suceder debido a su ubicación (si vive en un área rural, es posible que deba viajar una distancia considerable para encontrar un terapeuta) o porque los proveedores en su área no ofrecen la asistencia que necesita (como los servicios basados en la comunidad). Treinta a cuarenta por ciento de los niños y adultos informan que no pudieron obtener el tratamiento de salud mental que necesitaban debido al costo, la imposibilidad de acceder al tratamiento o un seguro médico inadecuado.⁴ Este es un problema de acceso a la atención en que trabajan los grupos de representación como Mental Health America. ¿Desea ayudar? Encuentre su filial local de MHA en mentalhealthamerica.net y vea cómo puede participar.

Costará dinero. Por ejemplo, personas de todo el país gastaron un promedio del 10 por ciento del ingreso anual de su familia para el pago de tratamiento de salud mental/abuso de sustancias.⁵ Sin embargo, el costo de esperar puede ser peor. Si necesita ayuda para pagar el tratamiento, visite mentalhealthamerica.net/paying-care.

Su primer proveedor puede no ser el "adecuado". Escoger un proveedor de salud mental puede parecerse a una cita. En ocasiones, simplemente no son compatibles. Es posible que deba cambiar de proveedor antes de sentirse cómodo. Si bien puede parecer una molestia, vale la pena encontrar la opción adecuada.

Algunas personas criticarán o dudarán. Más de la mitad de las personas creen que otros se preocupan y sienten solidaridad con las personas con enfermedad mental, sin embargo, quizás este no siempre será el caso.⁶ Puede encontrar algunos negadores, pero también hay personas que lo ayudarán y desearán que usted mejore. Si no las tiene en su vida, puede encontrarlas en grupos de apoyo o en comunidades en línea.

www.mentalhealthamerica.net



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[#B4Stage4 \(#AntesdeLaEtapa4\)](https://twitter.com/mentalhealtham)



Fuentes

¹ <https://nccih.nih.gov/health/whaticam>

² Proudfoot J, G. D. (2003 Feb;33(2)). Computerized, interactive, multimedia cognitive-behavioural program for anxiety and depression in general practice. *Psychol Med.*, 217-27.

³ Elisabeth Zschucke, K. G. (2013 Jan; 46(Suppl 1)). Exercise and Physical Activity in Mental Disorders: Clinical and Experimental Evidence. *J Prev Med Public Health.*, S12-S21.

⁴ Mental Health America, Inc. (3 de diciembre, 2014). Parity or Disparity: The State of Mental Health in America 2015. Obtenido el 13 de marzo, 2015, de Mental Health America: <http://www.mentalhealthamerica.net/sites/default/files/Parity%20or%20Disparity%20Report%20FINAL.pdf>

⁵ Mental Health: Research Findings: Program Brief. Octubre de 2014. Agencia de investigación de atención médica y calidad, Rockville, MD. <http://www.ahrq.gov/research/findings/factsheets/mental/mentalhth/index.html>

⁶ Centros para el Control y Prevención de Enfermedades, Administración de Servicios para Abusos de Sustancias y Salud Mental, Asociación Nacional de Directores del Condado de Salud Mental y Discapacidades en el Desarrollo, Instituto Nacional de Salud Mental, Centro Carter del Programa de Salud Mental. Attitudes Toward Mental Illness: Results from the Behavioral Risk Factor Surveillance System. Atlanta (GA); Centers for Disease Control and Prevention; 2012.