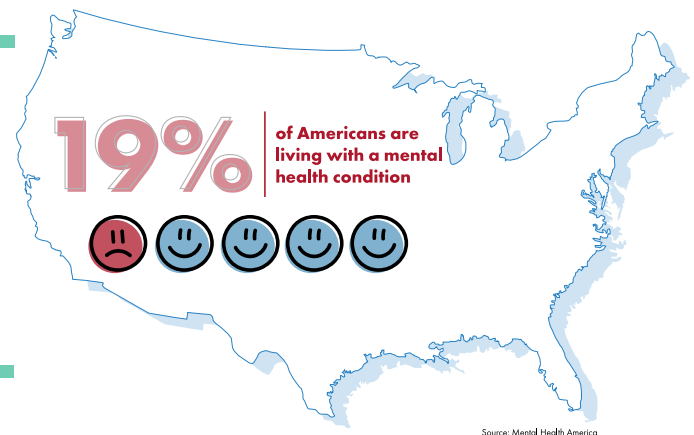


Behavioral Health: Knowing What to Look for and How to Find Support



The number of people reporting signs of anxiety or depression is growing. Nearly **one in five individuals in the United States is living with a mental health condition**, a 1.5 million increase from 2019 to 2020. Understanding your symptoms or what to look for in a loved one can help you **better manage your health and wellbeing**.



UNDERSTANDING DEPRESSION AND ANXIETY DISORDERS

Depression has negative effects on your actions, mindset and feelings. The physical and emotional problems of depression can lead to a decrease in your ability to function at work and at home, and can negatively impact your quality of life. Although a serious medical condition, depression is common and treatable.

Anxiety Disorders include a range of illnesses related to stress, anxiety, panic or phobias. These conditions and feelings often exist in addition to depression. Although highly treatable, only 36% of individuals suffering from anxiety disorders seek treatment.

SYMPTOMS

If you or someone you know lives with depression or anxiety, you may notice these common signs:

- Sad or depressed mood
- Loss of energy or increased fatigue
- Appetite changes, weight loss or gain unrelated to diet
- Suicidal thoughts
- Problems sleeping or sleeping too much
- Loss of interest or pleasure in activities once enjoyed
- Feeling worthless or guilty
- Difficulty concentrating or thinking
- Increase in purposeless physical activity (pacing, inability to sit still)

Recognizing a concern is the first step. From there, you can work with your health-care provider to develop a plan to manage your condition, identify signs of progressive behavior and know what to do if it does not improve.

WHEN SEEKING ASSISTANCE, YOUR PROVIDER MAY CONSIDER:

- Advanced treatment or therapy with a licensed behavioral health specialist
- Medication management
- Lifestyle improvements such as eating healthy, getting enough sleep and being physically active



WHEN TO SEEK EMERGENCY HELP:

If you are experiencing severe symptoms of depression, you should be treated as soon as possible. This may include calling your health-care provider, calling 9-1-1 for emergency assistance or visiting the nearest emergency department. Severe signs of depression may include:

- Thoughts of self-harm or homicidal thoughts
- Severe symptoms that threaten daily functioning or well-being

Never ignore comments or thoughts about suicide, report them to a health-care provider or therapist. If a person you know refuses to seek medical attention and you consider them a danger to themselves or others, call 9-1-1.

	How can I help myself?	How can I help a loved one?
	Try to do things you used to enjoy and be kind to yourself	An important first step is to connect them to a health-care provider
	Stay active and exercise while maintaining a healthy amount of sleep	Invite them out for walks, outings or activities
	Break large tasks into small ones, seek help when you encounter obstacles	Help arrange transportation to appointments, identify support resources in your community
	Spend time with people you enjoy	Promote connectedness to family, friends and community
	Postpone important life decisions until you feel better	Remind them that with time and treatment, behavioral health issues and concerns may improve
	Create a safety plan if you have thoughts of harming yourself	Never ignore comments about suicide, report them to a health-care professional
	Ensure you are up-to-date and active with your medications	Help them set reminders and discuss medication management with their provider

Find Help:

Support Groups and Resources
CommunityRelay.com

NEBRASKA FAMILY HELPLINE
24/7 Crisis Counseling
888-866-8660

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
24/7 Crisis Counseling
800-273-8255
Text HOME to 741741

YOUR LIFE IOWA | IOWA DEPARTMENT OF PUBLIC HEALTH
24/7 Crisis Counseling
855-581-8111
Text, 855-895-8398