

WHEN TO SEE A DOCTOR

If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems



TREATMENT

Your treatment depends on the type of mental illness you have, its severity and what works best for you. In many cases, a combination of treatments works best.

If you have a mild mental illness with well-controlled symptoms, treatment from your primary care provider may be sufficient. However, often a team approach is appropriate to make sure all your psychiatric, medical and social needs are met. This is especially important for severe mental illnesses, such as schizophrenia.

YOUR TREATMENT TEAM MAY INCLUDE YOUR:

- Family or primary care doctor
- Nurse practitioner
- Physician assistant
- Psychiatrist, a medical doctor who diagnoses and treats mental illnesses
- Psychotherapist, such as a psychologist or a licensed counselor
- Pharmacist
- Social worker
- Family members

FOR MORE INFORMATION OR ANY HELP VISIT
District Mental Health Program,
District Hospital



National
Mental Health
Program



National Mental Health Program
Department of Health & Family Welfare
Nagaland: Kohima

MENTAL ILLNESS

like any other
DISEASE, IS

TREATABLE!



Mental health is the foundation for emotions, thinking, communication, learning, resilience and self-esteem. Mental health is also key to relationships, personal and emotional well-being and contributing to community or society.

Many people who have a mental illness do not want to talk about it. But mental illness is nothing to be ashamed of! It is a medical condition, just like heart disease or diabetes. And mental health conditions are treatable.

Mental illness does not discriminate; it can affect anyone regardless of your age, gender, geography, income, social status, race/ethnicity, religion/ spirituality, sexual orientation, background or other aspect of cultural identity.

SYMPTOMS

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Some common signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal.



RISK FACTORS

that can compromise mental and emotional health:

- Poor connection or attachment to your family early in life, feeling lonely, isolated, unsafe, confused, or abused as an infant or young child.
- Traumas or serious losses, especially early in life: Death of a parent or other traumatic experiences such as war, conflict or hospitalization.
- Repeated unhappy experiences can lead to an attitude of helplessness and make you feel that you have little or no control over your life.
- Illness, especially when it's chronic, disabling, or isolates you from others.
- Side effects of medications, especially in older people who may be taking a variety of medications.
- Substance abuse, alcohol and drug abuse can both cause mental health problems and make pre-existing mental or emotional worse.
- Whatever internal or external factors have shaped your mental and emotional health, it's never too late to make changes that will improve your psychological well-being.
- Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head.
- A history of mental illness in a blood relative, such as a parent or sibling.

IMPROVE

mental and emotional health by taking care of yourself:

- In order to maintain and strengthen your mental and emotional health, it's important to pay attention to your own needs and feelings. Don't let stress and negative emotions build up.
- Try to maintain balance between your daily responsibilities and the thing you enjoy. If you take care of yourself, you'll be better prepared to deal with challenges if and when they arise.
- Taking care of yourself includes pursuing activities that contribute to feeling good and physical exercise. These activities will also help you feel good and confident.
- Do things that positively impact others, help others.
- Practice self-discipline.
- Learn or discover new things.
- Enjoy the beauty of nature or art.
- Manage your stress levels.
- Limit unhealthy mental habits like worrying.
- Appeal to your senses.
- Engage in meaningful, creative work.
- Make leisure time a priority.
- Make time for contemplation and appreciation.

