

# Metropolitan Family Services

## MAY MENTAL HEALTH AWARENESS MONTH

“We thought our son was on drugs at first when we began to notice his erratic, unpredictable behaviors. He couldn’t communicate with us anymore, seemed disorganized and couldn’t manage simple tasks. He seemed like a different person. When he was hospitalized and diagnosed with Schizophrenia we were devastated. Nothing like this had ever happened in our family”

*Schizophrenia is a mental illness that can cause confusion, hallucinations, delusions and paranoia. Two million American adults suffer from this disorder. Although a serious condition it can be treated effectively with medications. .*

“When I first returned from my tour of duty in Iraq I felt kind of numb. Within a few weeks I began to feel anxious and jittery all the time, I had nightmares and began to experience flashbacks where I relived my combat experiences in my own living room”.

*Anyone who has been through a traumatic experience can develop Post Traumatic Stress Disorder (PTSD). It is estimated that between 2%-9%of people exposed to trauma and violence develop symptoms. Symptoms can be treated with psychotherapy and medications.*

“After my husband of 40 years passed away I began to have trouble sleeping. I had no energy, didn’t feel like talking to anyone and just felt like crying all the time. My family and friends told me I should just snap out of it and move on with my life. I knew I wasn’t just grieving his loss because I felt this way all the time for over a year. Sometimes I wished I would just die too”.

*Major Depression is a serious medical illness affecting 15 million Americans Without treatment Depression can be debilitating and even lead to suicidal thoughts. However, more than 85% of people with serious depression can be treated successfully with antidepressant medications, psychotherapy, or a combination of both.*

*Approximately 54 Million people in the U.S. experience some form of mental illness annually according to the National Mental Health Association. If you or someone you know experiences difficulty help is available. Contact your doctor, community mental health provider or local hospital for information. Attached are a few links for additional information and resources.*

*Metropolitan Family Services offers professional, confidential services to Adults, Veterans and Children/adolescents through our mental health and wellness programs. For more information about programs and services offered at Metropolitan’s Southwest Center, please call 708-974-2300.*

*Other resources:*

[www.mentalhealthamerica.net/go/faqs](http://www.mentalhealthamerica.net/go/faqs)

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

[www.LiveYourLifeWell.org](http://www.LiveYourLifeWell.org)

[www.healthyminds.org](http://www.healthyminds.org)

[www.nami.org](http://www.nami.org)

[www.samhsa.gov](http://www.samhsa.gov)

[www.metrofamily.org](http://www.metrofamily.org)