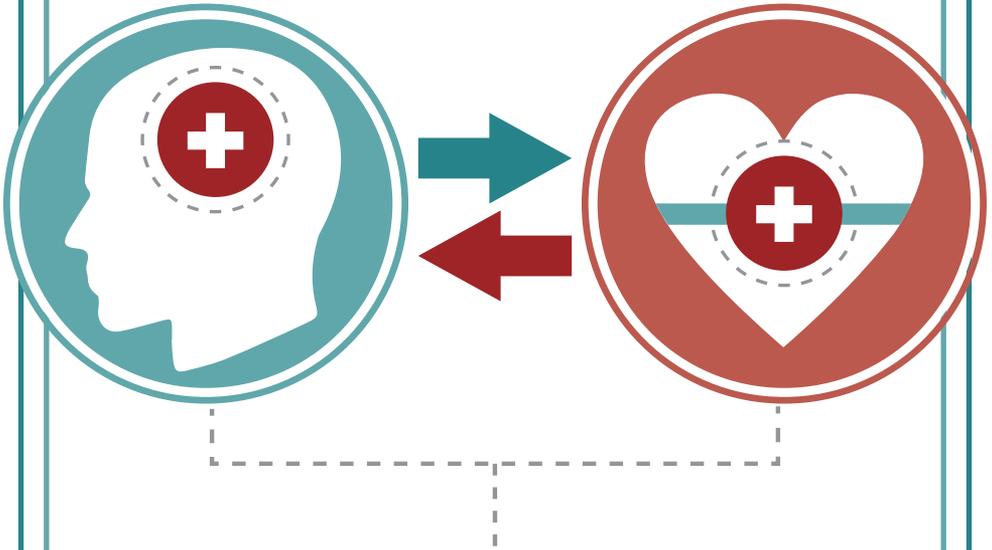


# thinkagain

ABOUT MENTAL HEALTH

+ Chronic Illness



The Mississippi Department of Mental Health (DMH) and the Mississippi State Department of Health (MSDH) want to ensure Mississippians understand the connection between *physical health* and *mental health*.



## Who Does it Effect?

Mississippians who have depression or other **mental illnesses** are at a **higher risk for developing a chronic illness**. If you have a chronic illness such as diabetes, cancer, heart disease, and many others, it is important to remember to take care of both your **mental health** and **physical health**.



Don't dismiss depression or other mental health conditions as a normal part of your chronic health condition! **There is help available**. If you or a loved one think you have depression or other mental health problems, it's important to **talk to your health care provider** about treatment.

## Why is it a Problem?

**Chronic illnesses are the leading cause of death and disability in the United States**. According to the Centers for Disease Control, they are non-communicable diseases that are prolonged in duration, do not resolve spontaneously, and are rarely cured completely.

Mental illnesses are medical conditions that change a person's thinking, mood or behavior. They are medical conditions that often result in a reduced ability to cope with a daily routine.

One common finding is that **people who suffer from a chronic disease are more likely to also suffer from depression**. Mississippians living with a serious mental illness are at higher risk of experiencing a wide range of chronic physical conditions. The reverse is also true. Mississippians living with chronic illnesses experience depression and anxiety at twice the rate of the general population.

**One in five Mississippians will have a mental illness at some point in their life**. Almost half of all Mississippians live with a chronic health condition.



# What Can I Do to Stay Healthy?

*Staying healthy means not just caring for our body but our minds as well.*

Research studies show that mental and physical health go hand in hand because **our mind and body are connected**. A healthy lifestyle can **prevent the onset or worsening** of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems.



*Practicing these few simple steps can keep you stronger mentally and physically to improve your overall recovery.*

- **Following the doctor's directions** to take your mental health medication as prescribed and **attending all follow-up appointments** will improve your treatment outcomes. If you experience problems with your medication, make sure you talk to your doctor.
- Choosing **healthy foods** and **daily exercise** can lower stress, improve mood, control weight, and improve sleep.
- **Avoiding** alcohol, tobacco, illicit drugs and non-prescribed medications can **strengthen** your heart and lungs while **calming** your mind and **brightening** your attitude.
- **Joining in meaningful daily activities**, such as a job, school, volunteerism, or creative hobbies **can increase self-esteem and reduce stress**.
- **Building positive relationships** and social networks can provide support, friendship, love, and hope.
- **Contacting your local Community Mental Health Center** to learn more about the following:
  - **Creating a personalized Wellness Recovery Action Plan (WRAP)** that includes a daily wellness plan, ways to recognize triggers and early warning signs for relapse, and what to do when things go wrong and you find yourself in crisis.
  - **Meeting with a Certified Peer Support Specialist** to find hope from someone who has walked in your shoes before and understands what you are going through.
- **If you find yourself experiencing a mental health crisis, don't wait! Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. If you are in a crisis situation, contact your local Mobile Crisis Response Team. To find contact information call the DMH Helpline at 1-877-201-8513 or visit [www.dmh.ms.gov](http://www.dmh.ms.gov).**



## What Should I Do in a Crisis?

**There is HOPE!** Learning how to take better care of both your mental health and physical health is essential. It is important to get the mental health treatment you need before you are in a crisis situation. If you do find yourself in a crisis, help is available. If you do find yourself in a crisis situation, you can call a **Mobile Crisis Response Team** in your area. Teams are available in all 82 counties. To find the number for your local Mobile Crisis Response Team, **visit [www.dmh.ms.gov](http://www.dmh.ms.gov) – Get Help – Crisis Services** or **call the DMH Helpline at 1-877-210-8513.**



*If you are having thoughts of suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255.*

If you need information about mental health services in your area, **visit [www.dmh.ms.gov](http://www.dmh.ms.gov) or call the Mississippi Department of Mental Health Helpline** 24-hours a day, seven days a week at **1-877-210-8513.**

## Where Can I Go to Learn More about Self-Management Wellness?

**The Motivated to Live a Better Life (MLBL) network** provides community-based programs for **anyone living with chronic health problems or concerns about personal safety.** These evidence-based programs developed by Stanford University and Boston University, consist of **FREE hands-on workshops** in which participants learn strategies to self-manage health conditions by setting small, action-specific steps to reach a goal. Fostered by the Mississippi State Department of Health/Office of Preventive Health (MSDH/OPH) and supported by coordinators across the state, the **Motivated to Live a Better Life (MLBL) network is a positive force for improving the lives of Mississippians.** The workshops are focused solely on self-help strategies and do not offer or replace medical advice from primary care providers.



## FREE, Hands-On Workshops Lead to Patient Success

Evidence-based research reflects the success of self-management workshops:

- **More effective** than information-only patient education in improving clinical outcomes
- **Can improve outcomes and reduce costs** when patients with a wide variety of chronic conditions and balance concerns are brought together to learn about self-management of their health
- **Can improve outcomes and reduce** prescription, medical, and/or hospital costs

### Available Programs

1. A Matter of Balance (MOB) Falls Prevention Program
2. Chronic Disease Self-Management Program (CDSMP)
3. Diabetes Self-Management Program (DSMP)

## How are the MLBL Programs Different from Other Patient Education Classes?



### They work!

Through this carefully-crafted self-management system, participants are **more engaged** in their health care, and patient feedback gives primary care providers documentation of patients' self-management goals.

MLBL's classes are led by trained lay leaders and designed to **assist participants in learning the information and skills necessary to care for their chronic condition**. By also introducing **social and psychological** adjustment to daily living with specific conditions, participants can become **motivated** and **more involved** with self-management care and **improve their quality of life**.



## Who is Eligible to Attend Workshops?

Anyone with chronic long-term health conditions such as:

- Cancer
- Diabetes
- Disability
- High Blood Pressure
- Heart Disease
- Obesity
- Stroke
- Balance / Falling Concerns
- Arthritis
- Asthma / Lung Disease
- Chronic Pain
- Alzheimer's or Dementia
- Depression
- Mental Health Concerns

*Depression is a medical illness that causes feelings of sadness and often a loss of interest in activities you used to enjoy. It can get in the way of how well you function at work and home, including taking care of your diabetes. When you aren't able to manage your diabetes well, your risk goes up for diabetes complications like heart disease and nerve damage.*

*People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. But treatment—therapy, medicine, or both—is usually very effective. And without treatment, depression often gets worse, not better. - Center for Disease Control*

*Family, friends and caregivers of workshop participants are encouraged to attend!*

### **How are Programs Accessed?**

Primary care providers make access to programs possible through the referral process. Although individuals may apply to enroll online, **the most efficient and effective way to enroll is through the primary care provider.** Workshops are available across the state:

- **Located in** senior centers, churches, libraries, community centers, and hospitals
- **Managed by** MSDH/OPH and taught by workshop leaders, workshop coaches, and/or master trainers



## What are the MBL Programs Available?

### **A Matter of Balance Falls Prevention Program**

Free 8-Week Falls Prevention Workshop:  
*one 2-hour session per week*

**A Matter of Balance (MOB) is an evidence-based program designed to reduce the fear of falling, stop the fear-of-falling cycle and increase activity levels.** Because most falls occur during routine activities and are not caused by just one issue, MOB stresses the preventable nature of falls by focusing on participants' day-to-day concerns.

### **Chronic Disease Self-Management Program**

Free 6-Week Falls Prevention Workshop:  
*one 2 1/2-hour session per week*

Chronic health conditions can lead to limitations in work, recreation, home activities and basic self-care. **The Chronic Disease Self-Management Program (CDSMP) addresses a wide variety of concerns for those who are dealing with one or more chronic health conditions to improve health one step a time.** The program introduces practical coping strategies to better manage health conditions.

### **Diabetes Self-Management Program**

Free 6-Week Falls Prevention Workshop:  
*one 2 1/2-hour session per week*

**The Diabetes Self-Management Program (DSMP) targets those coping with the effects of diabetes.** Hands-on workshops include a variety of subject areas to ensure patients with Type 1 and Type 2 diabetes have the tools they need to prevent or delay complications and to self-manage their condition on a day-to-day basis.

For more specific details about the available programs, contact the **Mississippi Department of Health's Office of Preventive Health** at **601-206-1559** or **visit [www.HealthyMS.com/ph](http://www.HealthyMS.com/ph)**.



## Does Having a Chronic Health Condition Put Someone at a Greater Risk for Suicide?

According to the American Journal of Preventive Medicine, **62% of individuals who died by suicide had a diagnosis of a chronic health condition in the year before their death.**

Some conditions are proven to be linked to an increased suicide risk.

- **Sleep disorders** and **HIV doubled** the risk of suicide.
- People with **Traumatic Brain Injuries** are **9 times more likely** to die by suicide.
- **Hypertension** and **back pain** are the **most common** conditions for those who die by suicide.

*If a person has more than one of these health conditions, their risk for suicide increases.*

Don't dismiss **depression** or other **mental health conditions** as a normal part of your chronic health condition! **There is help available.** If you or a loved one think you have **depression** or other **mental health problems**, it's **important** to talk to your health care provider about treatment.

## What Can You Do?

**Learn the warning signs!** Some behaviors may indicate that a person is at immediate risk for suicide. The following three should prompt you to immediately **call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)** or a **mental health professional.**

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

***Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.***

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

