

Mental Health

- There are many common mental health problems. They are also called mental illnesses.
- Symptoms differ from person to person and depend on things like age, gender, lifestyle, and family history.
- Mental illnesses are medical conditions. They disrupt a person's thinking, feeling, mood, ability to relate to others, and/or daily functioning. They can be quite serious but there are many treatments that help.

Depression

Depression can be mild or serious. If you feel any symptoms for more than two weeks, call your provider.

- Nonstop sad, nervous, or "empty" feelings
- Feeling hopeless or worthless
- Feeling very grouchy or restless
- No interest in normal activities, including sex
- Low energy
- Problems focusing, remembering details, and making decisions
- Not being able to sleep, or sleeping too much
- Overeating, or not feeling hungry enough to eat
- Thinking of killing yourself (suicide)

Anxiety

We all worry about things like health, money, or family problems. But people with anxiety are extra worried about these and many other things, even when there is little or no reason to worry. Some signs of anxiety:

- Not being able to relax
- Trouble focusing on activities
- Being easily startled
- Having trouble falling asleep or staying asleep
- Feeling tired all the time

Bipolar Disorder

This illness causes big shifts in mood, energy, and activity levels. It makes it hard to finish day-to-day tasks. Symptoms are more extreme than the normal ups and downs of life. People with bipolar disorder struggle with relationships, jobs/school, and suicide. But, there is good treatment. Some symptoms:

- Big mood swings
- Restlessness
- Talking very quickly
- Sleeping very little
- Depression



For more information call Customer Service at **(415) 615-4555**.
Or visit **www.healthysanfrancisco.org**

Eating Disorders

People with an eating disorder either don't eat enough or eat too much. Eating disorders can cause bad health problems. Common eating disorders:

- **Anorexia:** People think they are overweight, but they are not. They weigh themselves a lot and eat very little.
- **Bulimia:** This disease involves cycles of "binging" and "purging." Binging is eating a very large amount of food at a time. Purging is throwing up, taking laxatives, or not eating.
- **Binge eating:** People with this disease tend to eat very large amounts of food at one time. People with this disorder often are overweight or obese.

Attention Deficit Hyperactive Disorder (ADHD)

ADHD is common. It mostly starts in youth, but can go into adulthood. Symptoms include:

- Being unable to stay focused and pay attention
- Having a hard time controlling behavior
- Hyperactivity (over-activity)

No single test can tell if a child has ADHD. If a family thinks their child might have ADHD, they should talk to the child's doctor. Treatments include medicine, therapy, and education.

Finding Help

If you are worried about a mental health problem, ask for help. Talk to someone you trust – such as a doctor, nurse, social worker, or spiritual counselor. In a crisis, the ER can offer help for a mental health problem. As always, if you are having a crisis, dial 911.

Local Resources:

NAMI San Francisco (education and support information)
www.namif.org, (415) 905-6264

- Crisis Information
 - Call 911 if you are having a crisis
 - San Francisco General Hospital
Psychiatric Emergency Services
 - **(415) 206-8125**
 - Mobile Crisis Team: **(415) 970-4000**

Sources:

National Institute of Mental Health
www.nimh.nih.gov

National Alliance on Mental Illness
www.nami.org

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