

Mental Health

Community Training Session

Pre-Survey

- Welcome to this Community Training Session on Mental Health!
- Please take two to three minutes to complete this survey.

What does Mental Health mean to you?



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Learning Objectives

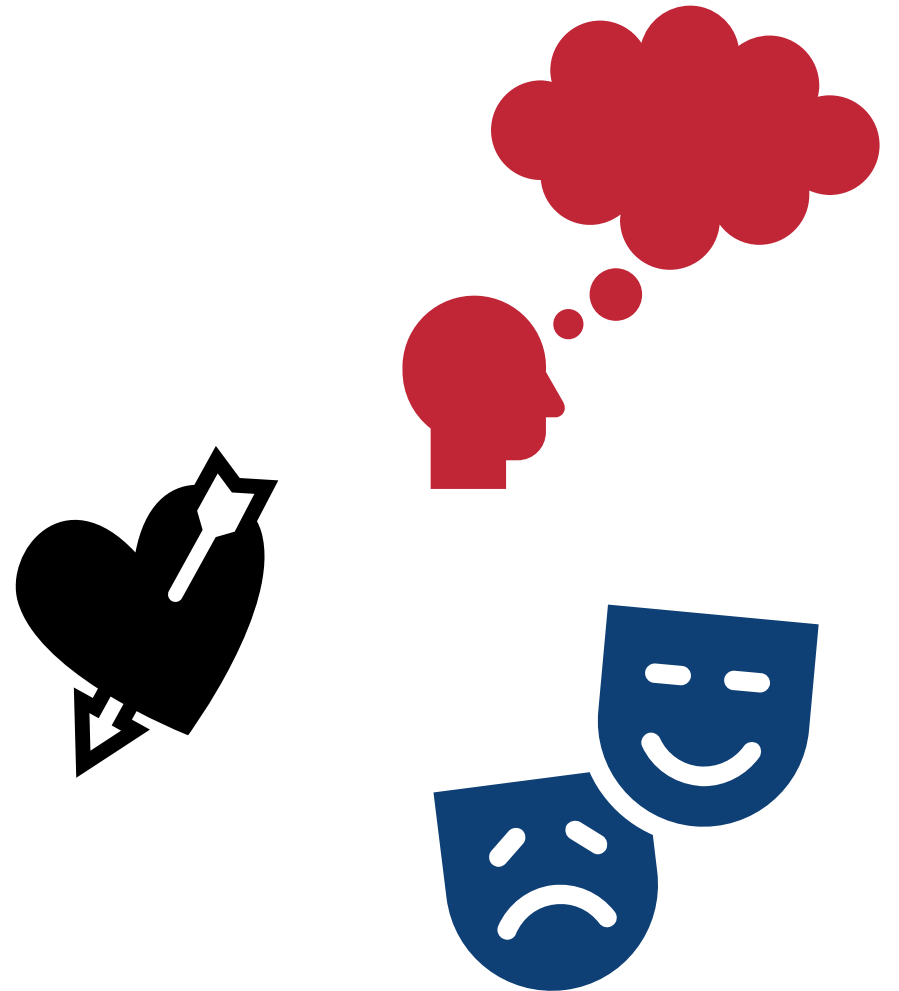
**Describe
common
mental health
conditions
(anxiety,
depression).**

**Identify
symptoms or
risk factors for
anxiety and
depression.**

**Identify
treatment
options for
common
mental health
conditions.**

What is Mental Health?

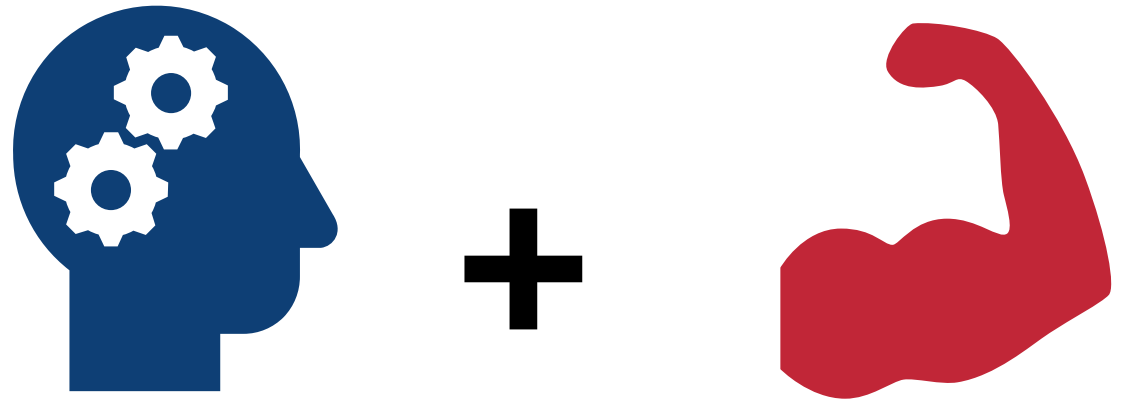
- Includes many areas that control how you think, feel, or act.
- How you deal with stress and worry.
- Contributes to how you see yourself.
- Directly affects your physical health.



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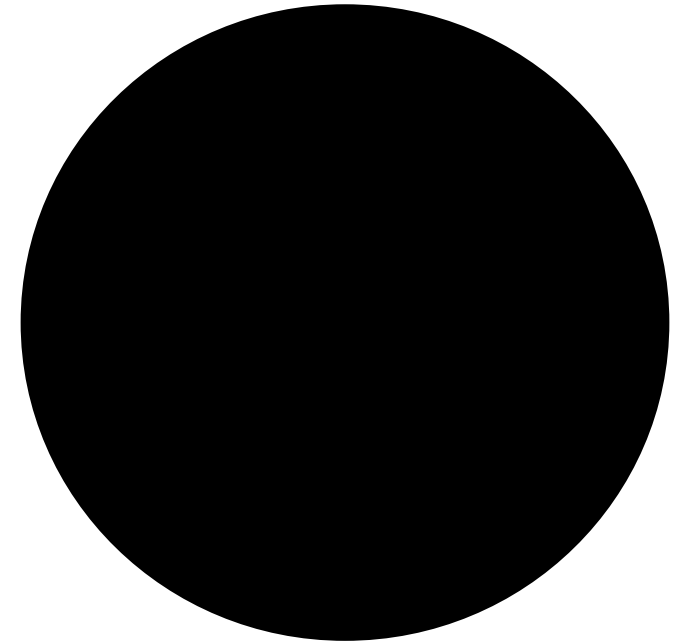
Mental Health and Physical Health

- Mental health is also tied to physical health.
- Changes over time.
- Untreated mental health can cause physical health problems.



Take a guess...

- **How much time usually passes between when mental health symptoms start and when care first starts?**



Why does Mental Health matter?



You deserve to be
your best self.



Can lead to long
term health issues.



Can make chronic
disease worse.



Can get worse
over time and
won't go away.

Why does mental health matter in pregnancy?

- Common during and after pregnancy.
- Your baby can be born too early or too small.
- Baby could have learning disabilities.
- Could change how you think about your baby.
- About one in seven women get postpartum depression after pregnancy.

Benefits of addressing Mental Health



You'll feel better!



Prepared to deal with other challenges.



Improves how you feel about yourself.



Have healthier relationships.



Get more things done.



Better physical health and health outcomes.



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Things that impact Mental Health

- Dangerous work conditions.
- Lack of self care.
- Substance use/abuse.
- Stress.
- Health issues.
- Not feeling safe.
- Lack of sleep.



Common Mental Health conditions

Depression



Anxiety



Did you know...?

Women get anxiety or depression **twice** as often as men.



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What is depression?

- Mood disorder can cause feelings of sadness.
- Often lose interest in normal activities.
- Can feel different for each person.
- A leading cause of disability worldwide.

One in five women reported having depression in 2020.

Symptoms of Depression

- Lack of energy.
- Trouble with memory or focusing.
- Sleeping too little or too much.
- Sometimes physical symptoms, like pain, headaches, and stomach aches.

Myths about Depression

- “Your parents are depressed, so you will be too.”
- “Only affects women.”
- “You are choosing to be sad.”
- “Pills will change your personality.”
- “Talking makes it worse.”
- **“It isn’t a real illness.”**

Causes of Depression

- Brain chemistry.
- Family history.
- Life events.
- Medical conditions.
- Medication.

Diagnosing Depression

- Talk to your healthcare provider.
- Complete screening.
- Over the past two weeks, have you been bothered by...

**...feeling down,
depressed, or hopeless?**

**...little interest or
pleasure in doing things?**

What is Anxiety?

- Feeling of worry or fear that doesn't go away.
- Affects you mentally and physically.
- Hard to get through your day.

About one in three U.S. adults experience an anxiety disorder.

Anxiety Symptoms

- Many different mental and physical responses to stress.
- Can experience any or all symptoms.

Stress and Anxiety

- **Stress.**
 - Short term.
 - Body's response to a threat
- **Anxiety.**
 - Can linger.
 - Body's reaction to stress.

Myths about Anxiety

- “It isn’t very common.”
- “Social anxiety is just an excuse for being shy.”
- “Medication is the only solution.”
- “Anxiety will go away on its own.”
- “People with anxiety should avoid stressful situations.”
- **“It isn’t a real illness.”**

Risk factors of Anxiety

- Family history.
- Past experiences/trauma.
- Medical conditions.
- Other mental health conditions.
- Gender.

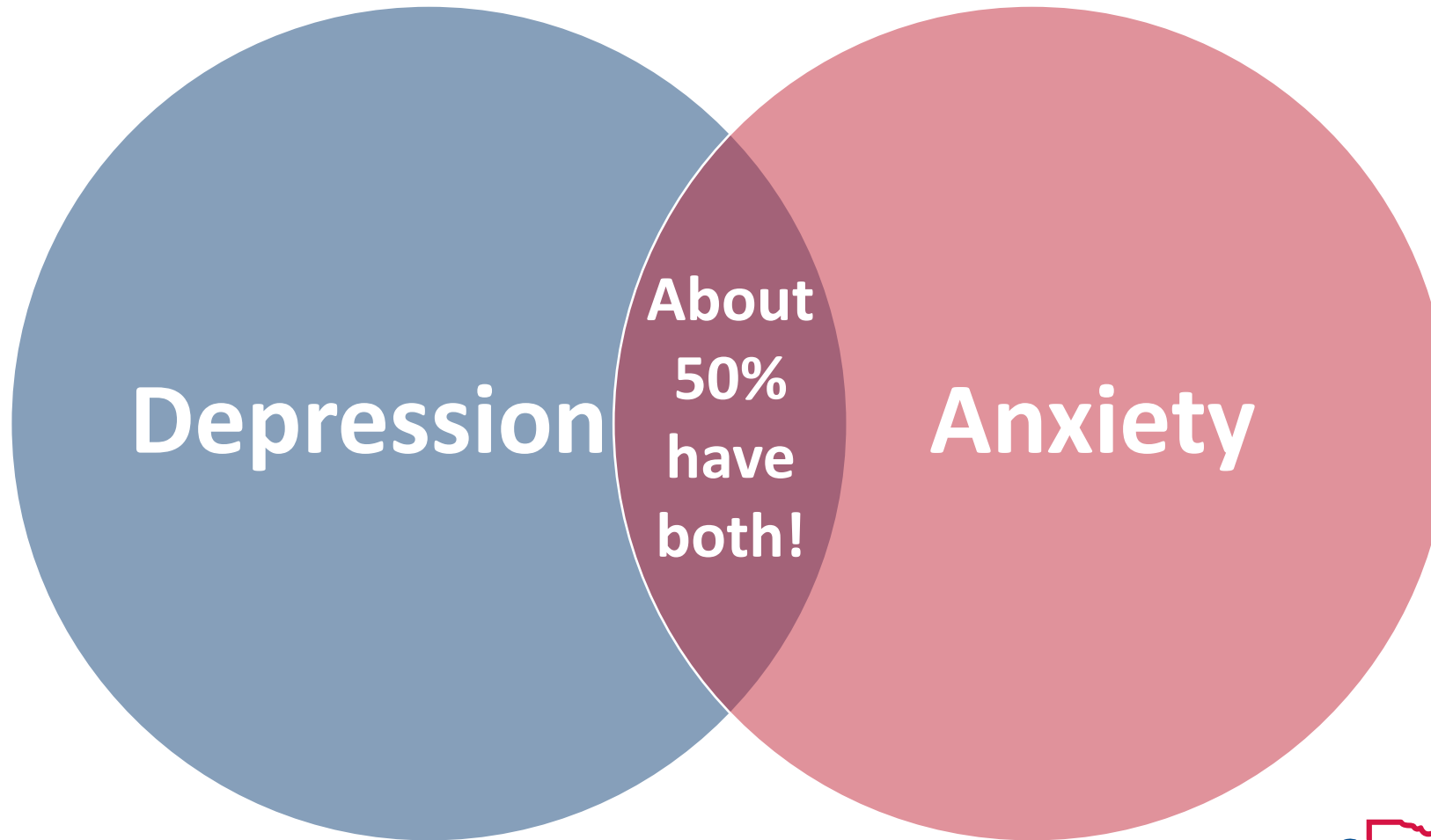
Diagnosing Anxiety

- Talk to your healthcare provider.
- Complete screening.
- Over the past two weeks, have you been bothered by...

**...feeling nervous,
anxious or on edge?**

**...not being able to stop
or control worrying?**

Depression + Anxiety?



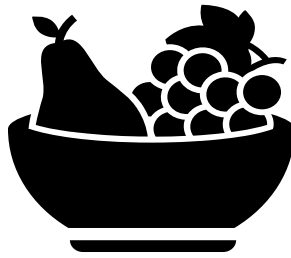
Treatment



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Treatment option: Wellness Activities

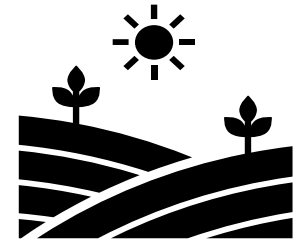
- **Stressed out?
What do you do?**



Healthy eating



Move your body



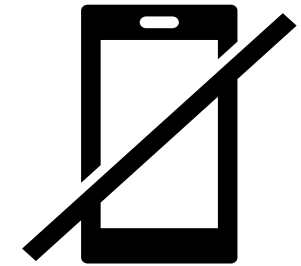
Be outside



Relaxation



Get better sleep



Less technology



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Treatment option: Therapy/Counseling

- **Counseling is a safe way to get private help.**



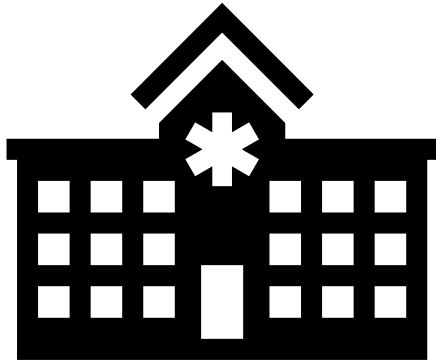
Treatment option: Medication

- Many medication options treat mental health symptoms.
- It might take time to find the best medicine for you.
- **Breastfeeding or having a baby? Talk to your obstetric provider!**
 - **Do NOT stop any medications without talking to your obstetric provider!**

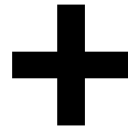


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Best Treatment Option?



Medication

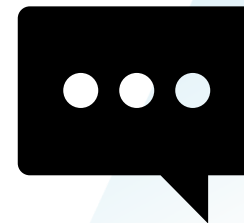
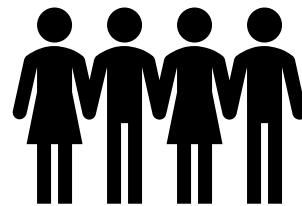


Counseling



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Support System



Resources

Ohio CareLine

- 800-720-9616
- 24/7, free, confidential support from a licensed professional.



9-8-8

- Crisis help line available 24 hours a day.

If you are having thoughts of hurting yourself or others, call or text 988 for help!

POEM

Mom-to-mom support line:

- 614-315-8989
- In-person and online groups to help moms and families dealing with mental health needs during pregnancy and parenthood.



Offered by Mental Health America of Ohio.



Community Resources: Exercise and Nutrition

Wrap Up

- Common mental health conditions (anxiety, depression).
- Symptoms or risk factors for anxiety and depression.
- Treatment options for common mental health conditions.

Post-evaluation Survey

- Thank you for attending this community training session on mental health!
- Please take two to three minutes to complete this survey.

QUESTIONS?

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Acknowledgement

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