ASK THE DOC

DWIHN
Your Link to Holistic Healthcare

Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.

Mental Health Awareness

MAY IS MENTAL HEALTH AWARENESS MONTH

Early Warning Signs & Symptoms

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

You can submit mental health questions to: AskTheDoc@dwihn.org

ASK THE DOC

DWIHN
Your Link to Holistic Healthcare

Detroit Wayne Integrated Health Network

Mental Health Awareness

Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.

Tips for Living Well with a Mental Health Condition

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more. However, with early and consistent treatment—often a combination of medication and psychotherapy—it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

There are tools, evidence-based treatments, and social support systems that help people feel better and pursue their goals. Some of these tips, tools and strategies include:

- **Stick to a treatment plan.** Even if you feel better, don't stop going to therapy or taking medication without a doctor's guidance.

- **Keep your primary care physician updated**. Primary care physicians are an important part of long-term management, even if you also see a psychiatrist.

- **Learn about the condition.** Being educated can help you stick to your treatment plan. Education can also help your loved ones be more supportive and compassionate.

- **Practice good self-care.** Control stress with activities such as meditation or tai-chi; eat healthy and exercise; and get enough sleep.

- **Reach out to family and friends.** Maintaining relationships with others is important. In times of crisis, reach out to them for support and help.

- **Develop coping skills.** Establishing healthy coping skills can help people deal with stress easier.

- **Get enough sleep.** Good sleep improves your brain performance, mood and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions

SELF CARE iSN'T SELFiSH

You can submit mental health questions to: AskTheDoc@dwihn.org

ASK THE DOC

DWIHN
Your Link to Holistic Healthcare

Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.

Mental Health Awareness

Mental Health Help:

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The COVID-19 pandemic has left many people feeling anxious or depressed. The DWIHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional. https://screening.mentalhealthscreening.org/DWIHN

- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStengths's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain, and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more. https://www.dwihn.org/documents/myStrength_Flyer.pdf

- Explore DWIHN Programs and Resources call 1-800-241-4949. You can visit our website at: https://www.dwihn.org/brochures-and-handouts-DWIHN-Services.pdf

- Another excellent resource is the new myDWIHN app, full of resources, events and provider information, you can download the free app for Android or Apple phones below:

my DWIHN

Use the QR Codes below to download the myDWIHN app today!

Android Devices

Apple Devices

Do You Need Help? Contact Us. 24-Hour HelpLine 800-241-4949   DWIHN.ORG

You can submit mental health questions to: AskTheDoc@dwihn.org