

## Nefesh

### Sinai Mental Health Resource Page

**ANXIETY** - Anxiety can be a normal part of life when faced with stressors such as changes in relationships, career challenges, or coping with illness. When anxiety is persistent and interferes with daily functioning, it can be a symptom a mental health diagnosis. Anxiety disorders are the most common disorders in the world. There are many kinds of anxiety disorders including panic attacks, generalized anxiety, phobias, social anxiety disorder, post traumatic stress disorder, and obsessive-compulsive disorder. It is now recommended that all adults and youth be screened regularly - [US Preventative Task Force](#)

- Below are links to associations and articles that provide information and help determine if there is a need for access to treatment
  - The Anxiety Disorders and Depression Association of America is a national organization that provides information on anxiety disorders and treatment options - [Anxiety Disorders and Depression](#)
  - The National Institute of Mental Health provides an overview of the different kinds of anxiety and an overview of different intervention strategies, as well as studies that one can join. [National Institute of Mental Health - Anxiety Disorders](#)
  - The US Preventative Task Force has recommended annual screening for anxiety disorders (and depression) so as to help individuals get needed care - [New Recommendations for Annual Screening](#)
  - Working towards goals and maintaining hopefulness leads to less anxiety and panic attacks - [Purpose and Hope are protective against anxiety](#)
  - Additional resources for anxiety include:
    - [Center for Disease Control and Prevention Division of Mental Health](#)
    - [Mental Health America](#)
    - [American Psychological Association](#)
    - [American Psychiatric Association](#)
    - [International OCD Foundation](#)

**DEPRESSION AND MOOD DISORDERS** - There are different subtypes of mood disorders which include: major depressive disorder, seasonal affective depression, post-natal depression, bipolar disorder, as well as other kinds of depression. Depression and mood disorders can co-occur with medical illnesses and also makes the recovery from medical problems more problematic. Mood disorders negatively affect how you feel physically, the way you feel, the way you think and how you react. Depression can coexist with other problems, including anxiety and substance use disorders. Fortunately, it is treatable. Below are links to articles and national and local associations.

- The Depression and Bipolar Alliance (DBSA) is a national organization that can help provide education, support, hope and help - [Depression and Bipolar Support Alliance](#)
- The National Institute of Mental Health provides an overview of signs and symptoms as well as an overview of treatment approaches - [NIMH Educational Site](#)
- Infographics on the different kinds of depression and what can help - [Digital Shareables on depression and mood disorders](#)
- A [fact sheet on Depression](#) in partnership with NAMI
- [Short screening measure for depression](#)
- [The National Alliance on Mental Illness](#)

**GRIEF** - Grief is a natural response to loss. It's the emotional pain you feel when something or someone you love is taken away. Each loss is unique. Often the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, regret, and profound sadness. Grief does not always unfold in linear ways but understanding more about grief can be helpful.

- These articles are helpful in understanding and doing grief work; whether for yourself or others grieving
  - [Coping with grief and loss](#)
  - [How your brain copes with loss -- it takes time to heal](#)
  - Bereavement in adult life - [Scientific study on components of loss](#)
  - It takes time for the healing process - [Ways to help you or someone you know](#)
  - A website for those helping with ambiguous and complex loss - [Caring Bridge](#)
  - A resource website -- [Helpful clickable sites](#)

**ADDICITON** - Addiction is a treatable condition involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

- Additional resources and organizations include:
  - [Addictions and addictive behaviors explained](#)
  - Substance use, abuse and dependency and its relation to stress and disasters - [Many resources and explanations of addictions](#)
  - SAMSHA has a number of brochures for parents working with their teens around substance use and abuse and for families on care for substance abuse - [SAMSHA Resource Page](#)
  - 4 stages of addiction - [The process by which behaviors become addictive](#)
  - Struggling with opioid addiction - [CDC webpage of support](#)
  - Ways that you can help provide support to loved ones - [Resources for Families](#)
  - Evidence based practices for substance use disorders - [SAMHSA booklet on work with substance use and abuse](#)
  - [National Institute of Alcoholism and Alcohol Abuse](#)
  - [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- [Shatterproof](#)
- [National Association of Drug Abuse](#)
- [Narcotics Anonymous](#) and [Alcoholics Anonymous](#)

**MENTAL HEALTH CONCERNS IN CHILDREN AND TEENS** - Mental health concerns in children and teens can encompass a broad range of difficulties. As parents we struggle when our children struggle. Below are some helpful websites and articles to provide you with education and guidance as you seek help:

- This document lays out what young people can do, what educators can do, what healthcare organizations can do, and what community organizations can do to help our children and youth's mental health - [Protecting Your Youth's Mental Health - the Surgeon General Advisory](#)
- This resource helps connect individuals, family and friends to support groups online for mood disorders - [Depression and Bipolar Support Alliance](#)
- This website has tools for supporting emotional well-being in children and youth with videos, including breathing exercises, calming mind, changing thoughts by "[catching it; checking it; changing](#)" [National Academies of Science](#)
- Psychology Today is a free website which is full of therapists (who do pay a fee) from all backgrounds. You can search for a therapist based on their geographic location and find out what insurance they accept. You can also explore what areas the therapist may specialize in - [Psychology Today](#)
- Organizations for more information:
  - [Trevor Project](#)
  - [American Academy of Child and Adolescent Psychiatry](#)
  - [American Pediatric Association](#)
  - [National Eating Disorders Association](#)

**CRISIS** - A situation where someone is in immediate danger. This can be a mental health crisis when someone may be a risk to themselves or others. It may be that the individual is unable to care for themselves, due to mental health issues or substance abuse which puts them in danger. It may involve an individual who is involved in a domestic altercation or an abuse situation where they are in danger.

Georgia has an emergency line staffed by trained professionals to help a family member, friend, or community member with "next steps" for someone in a crisis. They may help send police to the emergency or they may send a mobile crisis team IF the crisis is not an imminent life-threatening situation. They can provide information on available beds in psychiatric and/or substance abuse treatment facilities. They can also help the individual/family find appointments for urgent needs.

- [Georgia Crisis and Access Line](#): 1-800-715-4225

Additional resources in the area of crisis include:

- The Suicide Hot Line is staffed by professionals and will connect the individual to resources in the state. The number is 988 and website has many resources - [988 Suicide Hotline and Resources](#)
- [NAMI CRISIS](#) - This article lays out the kinds of mental health crises that can occur, understanding the signs of a current or impending crisis, what to do during and following a crisis, and a sample crisis plan.
- How to help someone who is having an emotional crisis - [Recommendations how you can help](#)
- [How to determine if someone is at risk for suicide](#)

#### INFORMATION ON FINDING A THERAPIST

- [Georgia Psychological Association](#)
- [Psychology Today](#)
- [Licensed Professional Counselors](#)
- [A nice summary of things to ask a therapist](#)
- [American Association of Marriage and Family Therapy](#)
- [The American Psychiatric Association](#)
- [Good Therapy](#)
- [American Psychological Association](#)
- [For OCD Issues](#)
- [American Foundation for Suicide Prevention](#)
- [The Jed Foundation](#)
- [American Association of Suicidology](#)
- [National Suicide Prevention Lifeline](#) (1-800-273-8255)