

Do I Need Mental Health Services? How Do I find Them?

Most people with mental health disorders do not seek treatment for a variety of reasons, according to the Surgeon General's Report on Mental Health. Many people are not sure how to judge when professional help may be needed. The following are some of the signs.

- 1. Is the person acting differently than usual?**
Could this change be linked to something recent, such as a death, loss of a job, marital break-up, or even something positive, like a job promotion.
- 2. Does the person seem unusually sad, withdrawn, or disinterested in things usually enjoyed?**
Others often observe changes in mood, feelings and activities that the person may not.
- 3. Does the person complain of episodes of extreme, almost uncontrollable anxiety, or "nervousness"?**
Is there feelings of "free floating" anxiety –unrelated to normal, daily concerns?
- 4. Does the person become aggressive, rude and abusive over minor incidents, or talk about groups or individuals "out to get me"?**
Help should be sought if such remarks are made seriously and if violent behavior occurs.

If these symptoms persist or become severe, professional help will probably be needed. Fortunately, early identification and treatment can make a positive difference.

Where do I start when I need help?

- See your physician to rule out any medical causes for the changes. Your doctor can also recommend a mental health professional, if needed.
- Check your insurance coverage for mental health benefits. The phone number on the back of the card, or website can give you referral resources.
- Contact your local county mental health center. They can help you determine your needs and find the best place to get treatment. Many centers offer sliding-fee scale services for people without insurance or with financial hardship.

Resources are available:

There are many sources of help: support groups, churches, employee assistance programs. The following are statewide organizations that can provide information regarding mental health resources:

Website: <http://utah.networkofcare.org>

Advocacy: National Alliance for the Mentally Ill (801)323-9900

Information: State Div. Substance Abuse/Mental Health (801) 538-4410