



Mental Health

Life's challenges and surprises sometimes make us feel like there's just too much to handle. Work stress, unexpected illness, financial problems, and raising children can take their toll.

Extra stress or other emotional issues can often result in:

- * Concentration / memory problems.
- * Mood swings.
- * Decrease in energy.
- * Physical symptoms, such as headaches, appetite changes, or higher blood pressure.

Mental illnesses are even more serious disorders of the brain that can disrupt a person's thinking, feeling, mood, and ability to relate to others. Today, treatments are highly effective, however early identification and therapy are important.

Counselors, like those who work for an Employee Assistance Program (EAP), are able to help individuals and families handle life when things feel a bit out of control. In addition, psychologists and psychiatrists are available in most communities to help those who need more intensive therapy.

The American Psychological Association (www.apa.org) and the National Institute of Mental Health (www.nimh.nih.org) are good places to start if you, or someone close to you, need support and/or resources in this area.

