

MAY IS MENTAL HEALTH AWARENESS MONTH

Learn what you can do to erase stigma in your community

FACTS TO KNOW:

- Mental illness is common. According to the National Alliance on Mental Illness, 1 in 5 people or 43.8 million people experience mental illness. It affects people of all ages, income levels and cultures.
- 56% of American adults with mental illness do not receive treatment.
- Approximately 1 in 5 youth (aged 13-18) experience a severed mental disorder at some point in their life.
- With the right kind of help, most people do recover and lead healthy, productive and satisfying lives.
- Behavior problems in children can be symptoms of emotional, behavioral, or mental disorders, rather than merely attention-seeking techniques. These children can succeed in school with appropriate mental health services.
- People with a mental illness are no more violent or dangerous than the rest of the population. People with a mental illness are more likely to harm themselves – or to be harmed – than they are to hurt other people.

COMMUNITY RESOURCES AVAILABLE:

- The Detroit Wayne Mental Health Authority (DWMHA) provides services to people living with mental illness.
- DWMHA offers free trainings on Mental Health First Aid (MHFA) and Suicide Prevention known as Question Persuade Refer (QPR) throughout Wayne County. The courses helps individuals identify signs and symptoms of mental health issues such as anxiety, depression, psychosis and substance use disorders in individuals and help respond to them appropriately to encourage the individual to seek the care they need.
- All DWMHA programs and services are available through our 24-Hour Crisis Info & Referral Line 800-241-4949

On May 11th, DWMHA and the Connections Wayne County System of Care is recognizing Children's Mental Health Awareness Day with a free carnival, open to the public at Wayne County Community College District Northwest Campus from 10 AM to 2 PM.

"Mental Health Awareness is important for the entire community – as everyone is impacted in some way by mental illness," said Willie Brooks, President and CEO of DWMHA. "We're making sure we educate and enable as many Wayne County residents as possible to create a more inclusive and supportive environment for all."

###

The Detroit Wayne Mental Health Authority (DWMHA) is the largest and most diverse CMH system in Michigan. We are committed to being consumer and community focused, data driven and evidence based. Through programs and services that utilize promising best practices we hope to promote a community that is supportive and embraces individuals with mental illness, developmental disabilities and substance use disorder. We offer supports in Infant Mental Health, Integrated Healthcare, Supportive Housing, and Recovery to support self-determination and improving the health and quality of life for nearly 80,000 consumers and their families.

A Young Mother's Journey with Major Depressive Disorder



BPT

"I didn't realize that depression was more than just sadness."

Like most people, Ali, a single mother of two children, had this common misperception about major depressive disorder (MDD), also known as depression. Depression is a complex mental health illness that affects approximately 16 million people annually. Part of what makes depression complex is that people with the condition experience multiple symptoms.

Most people don't know that depression includes many symptoms beyond sadness, such as loss of interest or pleasure doing things, feeling down or hopeless, changes in appetite and eating habits, tiredness, sleeping too much and difficulty concentrating on things or making decisions. Many MDD patients recognize the mood and physical attributes of depression, but may not recognize other symptoms, such as cognitive symptoms like trouble concentrating, may also be part of their depression.

"With my depression, I was sad and I also noticed that I felt tired often and had trouble concentrating."

For a long time, Ali didn't realize these symptoms were associated with her depression.

It wasn't until Ali approached her healthcare provider about her symptoms that she learned depression was more than just sadness. "I'm glad I spoke up to my doctor and we were able to have an open conversation about what I was experiencing. It was nice to have an understanding of how my symptoms were associated with my depression." After speaking with her doctor, Ali was prescribed TRINTELLIX® (vortioxetine), a prescription medication used to treat MDD in adults. TRINTELLIX's U.S. prescribing information includes data from clinical trials showing a positive effect on processing speed, an important aspect of cognitive function.

TRINTELLIX has been shown to help with the overall symptoms of depression based on a total score on a standardized depression rating scale in clinical trials. Individual results may vary. It's the first FDA-approved treatment for MDD where the U.S. prescribing information has data showing a positive effect on the DSST (also known as the Digit Symbol Substitution Test), a neuropsychological test which most specifically measures processing speed, an aspect of cognitive function that may be impaired in adults with depression. The effects observed on DSST may reflect improvement in depression. Comparative studies have not been conducted to demonstrate a therapeutic advantage over other antidepressants on the DSST.

"It's important to talk to your healthcare provider about what you're feeling so you can work together to decide on a treatment plan that's right for you. Your experience may vary. I proactively spoke up, and I'm now on a treatment plan that has helped make a difference for me."

If you are experiencing symptoms of depression, it's important that you speak to your healthcare provider. For more information about MDD and TRINTELLIX, visit www.TRINTELLIX.COM.

IMPORTANT SAFETY INFORMATION

Suicidal Thoughts and Actions and Antidepressant Drugs

Antidepressants may increase suicidal thoughts or actions in some children, teens or young adults within the first few months of treatment or when the dose is changed. Depression or other serious mental illnesses are the most important causes of suicidal thoughts or actions. People who have (or have a family history of) bipolar illness, or suicidal thoughts or actions may have a particularly high risk. Pay close attention to any changes, especially sudden changes in mood, behavior, thoughts or feelings. Call your healthcare provider right away if symptoms such as anxiety, irritability, impulsivity, trouble sleeping, aggressive behavior or suicidal thoughts are new, worse or worry you. TRINTELLIX has not been evaluated for use in patients under 18.

SERVING PEOPLE WITH:

- Intellectual & Developmental Disabilities
- Severe Mental Illness
- Substance Use Disorders



MENTAL HEALTH MATTERS

**24-HOUR HELPLINE
800-241-4949**