



Improving the mental health of the community through awareness, advocacy, and support.

Mental Health America of Northeast Florida

8280 Princeton Square Blvd. West Suite 8
Jacksonville, FL 32256

(904) 738-8420 www.mhajax.org
info@mhajax.org

Also look for us on Facebook and Twitter

If you or someone you know is in crisis now, seek help immediately.
Call United Way crisis center **211**. Or dial **911** for immediate assistance.



Living with
MENTAL ILLNESS 



We all have something
special to give.





Did you know that more than 54 million Americans experience some form of mental illness each year? That's nearly one out of every six people living in the United States. And mental illness knows no boundaries. It can affect anyone regardless of age, gender, wealth, religion, or race.

WHAT IS MENTAL ILLNESS?

Mental illness refers to a wide range of mental health conditions that disrupt how you think, act, feel, and understand your world. Some of the more common types of mental illness include depression, obsessive-compulsive disorder (OCD), anxiety disorders, eating disorders, and addictive behaviors. Your mental health is made up of how you feel about yourself, how you deal with stress, and your ability to form meaningful relationships. There are many degrees of mental health. And while no one thing makes you mentally healthy or unhealthy, it is important to understand the signs and symptoms of mental illness.

WHO GETS MENTAL ILLNESS?

Anyone can suffer from mental illness. Mental illnesses can be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. It is especially overlooked in children. Although one in five children have a diagnosable mental health problem, nearly two-thirds of them get little or no help. This can cause a disruption at home, school, and within the community.

SYMPTOMS

There are more than 200 classified forms of mental illness. And while symptoms vary, the following are common signs to look for:

- Social withdrawal and loss of interest in others
- Dramatic sleep and appetite changes
- Deterioration in personal hygiene
- Sudden shifts in feelings or "mood swings"
- Outbursts of anger or aggression
- Constant worry or anxiety
- Depression, sadness, or irritability
- Confused thinking
- Feelings of extreme highs and lows
- Suicidal thoughts
- Substance abuse

TREATMENT

In most cases, symptoms of mental illness can be managed and often treated with a combination of medications and counseling. If you think you or someone you know may have a mental illness, it is important to remember that there is help available.



HOW ARE YOU FEELING?

MHA offers online screenings to help identify symptoms, and to find the help you need to feel your best and healthiest. To learn more about our screenings, visit the MHA website at www.mhajax.org. Our screenings are confidential, online, and will take just a few minutes of your time.