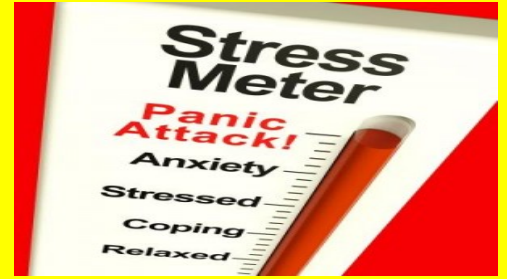


## Mental Health 411

### What is Anxiety?

The symptoms of anxiety include:

- Isolation
- Hypervigilance
- Feelings of panic
- Sweatiness
- Racing thoughts and heartbeat
- Agitation
- Irrational fears



### What can help me?

- Deep breathing exercises
- Grounding techniques
- Exercise
- Journaling
- Being outdoors
- Reaching out to support system
- Hobbies
- Showers
- Medication
- Cognitive Behavioral Therapy

If you or someone you know are experiencing these symptoms and aren't able to improve them on your own...there is help! Here are some options

- Local behavioral health facility – LifeLinks Mental Health located in Mattoon, IL – Call 217-238-5700 for more information or to connect with services.
- Similar behavioral health providers are in most counties throughout the state
- The Warm Line – call 1-866-359-7953
- Private therapists are listed in the phone book or can be found online
- Crisis services - Call LifeLinks crisis line at 1-866-567-2400
- Champaign and Northern city residents can text "Talk" to 833-673-5669 and a clinician will call you back in 24 hours
- Residents south of Champaign can text "Talk" to 217-545-5100 and a clinician will call you back in 24 hours

## Mental Health 411

### What is Depression?

The symptoms of depression include:

- Isolation
- Tearfulness
- Depressed mood
- Lack of energy/fatigue
- Change in appetite
- Agitation
- Hopelessness
- Feelings of worthlessness



### What can help me?

- Exercise
- Journaling
- Being outdoors
- Reaching out to support system
- Hobbies
- Showers
- Medication
- Therapy

If you or someone you know are experiencing these symptoms and aren't able to improve them on your own...there is help! Here are some options

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## Mental Health 411



### What is Psychosis?

The symptoms of psychosis include:

- Hallucinations – visual, auditory, sensory
- Delusions – beliefs that are irrational and not a reality
- Presents with a flat affect
- Poor self-care
- Distracted
- Fearful of others
- Paranoia
- Isolation
- Some individuals can challenge her thinking and others cannot

### What can help me?

- Exercise
- Education about their illness
- Being outdoors
- Reaching out to support system
- Hobbies
- Showers
- Medication – Antipsychotic medications
- Therapy – Cognitive Behavioral Therapy

If you or someone you know are experiencing these symptoms and aren't able to improve them on your own...there is help! Here are some options

- Local behavioral health facility – LifeLinks Mental Health located in Mattoon, IL – Call 217-238-5700 for more information or to connect with services.
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## Mental Health 411

What is Post-Traumatic Stress Disorder?

The symptoms of PTSD include:

- Nightmares
- Hypervigilance
- Panic attacks
- Avoidance of triggering events, places or people
- Racing thoughts
- Agitation/anger
- Irrational fears or new fears develop
- Tearfulness

What can help me?

- Deep breathing exercises
- Grounding techniques
- Exercise
- Journaling
- Being outdoors
- Reaching out to support system
- Medication for the anxiety and nightmares
- Cognitive Behavioral Therapy and Eye Movement Desensitization Reprocessing Therapy

If you or someone you know are experiencing these symptoms and aren't able to improve them on your own...there is help! Here are some options

- Local behavioral health facility – LifeLinks Mental Health located in Mattoon, IL – Call 217-238-5700 for more information or to connect with services.
- Similar behavioral health providers are in most counties throughout the state
- The Warm Line – call 1-866-359-7953
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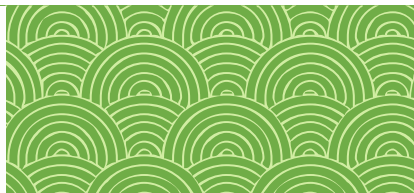
# MENTAL HEALTH 411

Someone dies from suicide every 12 minutes and that rate is increasing. If you or someone you know experiences any of the following, seek help.

- Feeling hopeless or having no reason to live
- Feeling trapped or in unbearable pain
- Feeling like a burden to others
- Unrelenting sadness/depression
- High anxiety/agitation; behaving recklessly
- Withdrawing or isolating
- Inability to think clearly, make rational decisions
- Extreme mood swings
- Sleeping too little or too much
- Increasing use of alcohol or drugs

There is hope. There is help.  
Call 24/7:

- 911
- LifeLinks Crisis line – 1-866-567-2400
- SBLHC ER – 258-2551
- National Suicide Prevention 1-800-273- TALK (8255)



# MENTAL HEALTH 411



## Signs of Unhealthy use:

- Diminished performance at work or school
- Lack of energy or motivation
- Disinterest in personal appearance
- Reduced social and recreational activities because of drug use
- Can't afford yet spends money on drugs
- Increased risky behaviors
- Drastic change in personal relationships
- Continued use when physical/psychological harm is known
- Continued use when problems it causes in personal life are known
- Spending a lot of time on getting, using or recovering from drug use
- Feelings of need for drug and, overtime, more of the drug to achieve the same effect
- Withdrawal symptoms when attempt to stop
- Inability to stop using

## RECOGNIZING UNHEALTHY SUBSTANCE USE

Facts & Figures according to the National Survey on Drug Use and Health:

- 15.1 million Americans experience an alcohol use disorder
- 7.4 million Americans experience a drug use disorder
- About 2.3 million Americans experience both an alcohol and drug use disorder

## Resources for Help

- LifeLinks – 217-238-5700
- CEAD Council – 348-8108
- East Central IL AA  
217-373-4200
- AA meeting finder  
844-558-9414
- National Helpline  
1-800-662-HELP (4357)
- FindTreatment.gov
- Private practitioners
- Behavioral health agencies