

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Mental Health

Did You Know?

- Depression is a serious and treatable disease.
- It is not a sign of weakness.
- It can affect anyone.
- Drugs and alcohol can put you at risk for depression and other mental illnesses.
- Signs of depression include:
 - Feeling sad, grumpy or irritable all the time.
 - Losing interest in things you used to enjoy.
 - Changes in sleep, appetite or energy level.
 - Thoughts of hurting yourself.

Important for your mental health...

- 1) Be physically active
- 2) Eat a healthy diet
- 3) Don't drink alcohol or use drugs
- 4) Take your medication
- 5) Spend time with people who support you
- 6) Find ways to relax
- 7) Make time for things you enjoy

Prevention Tips:

Tip 1 Seek mental health treatment.

For a referral to a mental health provider, call Baltimore Mental Health Systems at 410-837-2647.

If you are having a crisis call:
(410) 433-5175.

Tip 2 Get the additional medical care you may need.

For help with insurance or referrals to a doctor, call Baltimore Healthcare Access at (410) 649-0500.

If you are facing a drug problem, call Baltimore Substance Abuse Systems at (410) 637-1900.

Tip 3 Educate yourself and your loved ones.

To learn more, call:

- the National Alliance on Mental Illness in Baltimore at 410-435-2600 or 1-800-950-NAMI (6264).
- the Mental Health Association of Maryland at 1-800-572-MHAM (6426).

Resources and References

If you are having a mental health crisis, contact:

Baltimore Crisis Response at (410) 433-5175 or (410) 752-2272
<http://www.bcresponse.org/>

For help with referrals to a mental health provider, contact:

Baltimore Mental Health Services, Inc. at 410-837-2647
<http://www.bmhsi.org/>

To find out about local drug treatment, contact:

Baltimore Substance Abuse Systems at (410) 637-1900
<http://www.bsasinc.org/research/faqstats.asp>

For more information on primary health care, contact:

Baltimore Health Care Access at (410) 649-0500.
<http://www.bhca.org/>

To find out more about mental health:

Mental Health Association of Maryland at 1-800-572-MHAM
<http://www.mhamd.org/>
MHAM provides educational materials for patients and family members.

American Psychiatric Association Depression Fact Sheet
<http://www.healthyminds.org/factsheets/LTF-Depression.pdf>

National Alliance on Mental Illness at 410-435-2600 or 1-800-950-NAMI (6264)
<http://www.nami.org/>
NAMI is the nation's largest grassroots organization for people with mental illness and their families.

Mental Health America
<http://www.mentalhealthamerica.net/>
Mental Health America (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives.