

Resources for Mental Health: Knowing Where to Look for Resources in Your Community

**Delaware Instructional
Technology Conference**

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Paul Galonsky
**Mental Health Association in
Delaware**

Mental Health Association In Delaware

- **Founded 1932**
- **Non-profit - full member United Way Agency**
- **Mission is to deliver mental health education, support and advocacy**

Programs

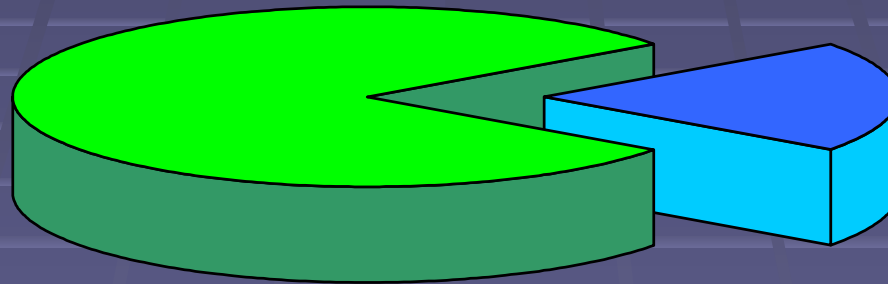
Support Groups
Worksite Education
Information and Referral
Health Fairs
Community Education
Child and Teen Mental Health Programs
Anti-Stigma Efforts
Advocacy

first...What is Mental Health?

- **Mental Health refers to the successful performance of mental function, resulting in productive activities, fulfilling relationships and the ability to adapt to change and cope with adversity.**
- **Mental Health refers to how a person thinks, feels and acts when faced with life's situations.**

In any given year.....

185,040,146



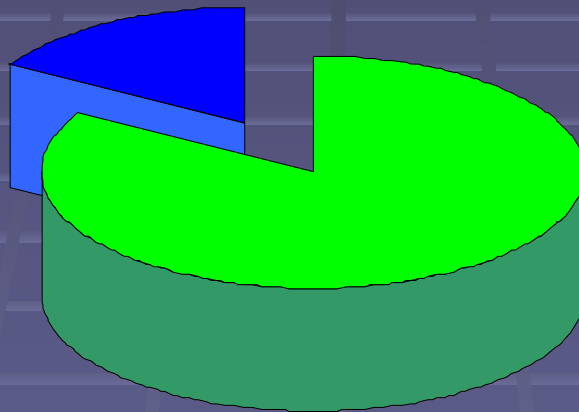
46,260,036

**20% of Americans experience
a mental illness**

In any given year.....

110,162

550,811



**20% of Delawareans experience
a mental illness**

What is Depression?

Depression is a serious medical illness.

- Clinical depression is one of the most common mental illnesses, affecting more than 19 million Americans each year. This includes major depressive disorder, bipolar disorder and dysthymia, a milder, longer-lasting form of depression.**
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions and can even be serious enough to lead to suicide.**
- Depression can occur in anyone, at any age, and to people of any race or ethnic group. Depression is never a "normal" part of life, no matter what your age, gender or health situation.**

Symptoms of Depression

- Loss of interest in things you used to enjoy
- Feeling sad, blue or down in the dumps
- Changes in appetite or weight loss or gain
- Trouble sleeping or sleeping too much
- Feeling worthless or guilty
- Problems concentrating, thinking, remembering or making decisions
- Thoughts of death or suicide

***FIVE OR MORE OF SYMPTOMS MUST BE CONTINUOUS AND PERSIST FOR TWO WEEKS OR LONGER FOR A PHYSICIAN TO MAKE A DIAGNOSIS OF CLINICAL DEPRESSION**

What is Anxiety?

- **Anxiety disorders are illnesses that cause people to feel frightened, distressed and uneasy for no apparent reason.**
- **Left untreated, these disorders can dramatically reduce productivity and significantly diminish an individual's quality of life.**

Anxiety Disorders

What Are the Different Kinds of Anxiety Disorders?

- Panic Disorder -Characterized by panic attacks, sudden feelings of terror that strike repeatedly and without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal discomfort, feelings of unreality, and fear of dying.
- Obsessive-Compulsive Disorder -Repeated, intrusive and unwanted thoughts or rituals that seem impossible to control.
- Post-Traumatic Stress Disorder -Persistent symptoms that occur after experiencing a traumatic event such as war, rape, child abuse, natural disasters, or being taken hostage. Nightmares, flashbacks, numbing of emotions, depression, and feeling angry, irritable, distracted and being easily startled are common.
- Social Phobia -Extreme, disabling and irrational fear of something that really poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives.
- Generalized Anxiety Disorder -Chronic, exaggerated worry about everyday routine life events and activities, lasting at least six months; almost always anticipating the worst even though there is little reason to expect it. Accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache, or nausea.

Treatments for Depressive & Anxiety Disorders

- **Pharmacological Treatment: Anti Depressant Medication**
- **Psychotherapy Treatment: Individual or Support Group**
- **Multimodal Therapy: Medication and Talk Therapy Combined**
- **Electric Convulsive Treatment (ECT) -- Used to treat some cases of major depression, delusions, and hallucinations, or life-threatening sleep and eating disorders that can not be effectively treated with drugs and/or psychotherapy. Discuss with your physician about the risks and side effects of ECT.**
- **Treatments have been largely developed through research conducted by NIMH and other research institutions. They are extremely effective and often combine medication or specific types of psychotherapy.**

Where To Find Resources & Treatment

- **Mental Health Organizations :**
Mental Health Association in Delaware, National Alliance for the Mentally Ill in Delaware, New Directions & Division of Substance Abuse and Mental Health
- **Insurance Companies**
- **Family physicians**
- **Clergyperson**
- **School counselors and Wellness Centers**
- **Internet**
- **Psychiatric Hospitals: Rockford Center, Wilmington Hospital, Meadowood Hospital & St. Jones Behavioral Health**
- **Emergency rooms...Crisis Intervention Service:**

New Castle County: 302-577-2484 or 1-800-345-6785

Kent and Sussex County: 1-800-345-6785

Delaware Resources

Mental Health Association in Delaware

- **Support Groups**
- **Information and Referral Service 8:30 am to 4:30 pm, Monday through Friday**
- **800-287-6423**
- **Fax: 302-654-6838**
- **Mental Health Community Resources Directory**
- **www.mhainde.org**
- **info@mhainde.org**

Mental Health Association in Delaware's Support Groups

- Support groups are an important part of an individual's recovery process. MHA provides eighteen support groups statewide for individuals who suffer from depressive disorders, being treated for an addiction to alcohol and/or other drugs, anxiety and those who have lost a family member or friend to suicide.
- MHA cosponsors with the Criminal Justice Council, a group for those who have lost someone because of a murder or fatal traffic accident.

Mental Health Association in Delaware

Support Groups Winter 2004

<i>For help with...</i>	Monday	Tuesday	Wednesday	Thursday
Depression	Newark Depression (7:00 – 9:00 pm) Dover Depression (7:00 – 8:30 pm)	Wilmington Depression (10:00 – 11:30 am) Wilmington For People of Color 1st & 3rd Tues. (6:00-7:30pm) Claymont (12:00-1:30pm)	Milford Depression (1-2:30pm) Lewes Depression (7:00 – 8:30 pm) Wilmington (7:00-8:30 pm) Pike Creek (7:00-9:00pm)	Wilmington Women’s Depression (12:00 – 1:30 pm) Seaford Depression (3rd Thursday) (6:30 – 8:00 pm) Newark Women’s Depression (7:00 – 9:00 pm)
Anxiety			Newark Anxiety Disorder (2nd & 4th Weds) (6:15 – 7:30 pm)	
Grief & Healing Survivors of Suicide	Wilmington Survivors of Suicide (1st, 3rd, 5th Mon) (7:00 – 8:30 pm)	Millsboro Survivors of Suicide (2nd Tuesday) (7:30 – 9:00 pm)		
Survivors of Accidents & Murders		Newark 1st Tues. (7:00-9:00pm)		
Dual Disorder			Wilmington Dual Disorder (1st, 3rd Weds) (7:30 – 9:00 pm)	

National Alliance for the Mentally Ill in Delaware

- Community education about and for people with severe and persistent mental illness (schizophrenia)
- Family to Family Support Group
- Consumer Services Organization
- Housing
- NAMI Delaware's [Help Line](#) Monday-Friday between 9 A.M. and 5 P.M. at 1-888-427-2643
- www.namide.org

New Directions in Delaware, Inc.

- Support Groups in New Castle County for people with Depression or Bipolar disorder and for their families and friends.
- \$5.00 donation and \$2.00 afterward for each support group (no one is turned down).
- Drew Sopirak Memorial Program- Annual Community Educational Meeting
- 302-286-1161
- www.newdirectionsdelaware.org

Delaware Psychiatric Treatment Facilities

- **Rockford Center- New Castle County**
866-847-4357
- **Meadowood Hospital- New Castle County**
800-289-8336
- **Wilmington Hospital- New Castle County**
302-428-2229
- **St. Jones Behavioral Health- Kent County**
302-744-7499
- **A.I. DuPont Hospital for Children- New Castle County**
302-651-4000
- **Delaware Psychiatric Center- New Castle County**
302-255-2700

Crisis Intervention Service

If you feel that you are experiencing a mental health crisis, you can call Crisis Intervention Services 7 days a week, 24 hours per day. This mobile emergency service is run by the state of Delaware and is offered free to all residents of the state.

Adults

Crisis Intervention Service 577-2484

Crisis Intervention Service(KE/SU)800-345-6785

Children & Adolescents

Crisis Intervention Service 633-5128

Crisis Intervention Service (KE).....800-969-4357

Crisis Intervention Service (SU).....800-969-4357

Delaware Helpline

- Statewide toll-free service that provides information on state government agencies as well as referrals to vital community resources.
- In state: 800-464-4357
- Out of state: 800-273-9500
- www.delawarehelpline.org

Internet Resources

Thank you!

**Paul Galonsky/ Senior Community
Educator**

Mental Health Association in Delaware

100 West 10th Street

Suite 600

Wilmington, DE 19801

302-654-6833

800-287-6423

Fax:302-654-6838

www.mhainde.org

pgalonsky@mhainde.org