

# Five Mental Health Facts

<b><i>Mental health is as important as physical health.</i></b>	Your mental health can significantly influence your overall well-being, daily functioning, and quality of life.
<b><i>Mental health issues are not a sign of weakness.</i></b>	Mental illness is a part of the human experience and affects people across all walks of life. Addressing mental health issues requires strength and resilience.
<b><i>Mental health symptoms can resolve and resurface.</i></b>	Mental health symptoms can fluctuate, with periods of improvement and worsening, much like physical health conditions. Ongoing management and support is essential.
<b><i>Working out and eating healthy can positively impact your mental health.</i></b>	Working out and eating well can improve mental health by reducing stress, enhancing mood, boosting energy levels, and promoting better sleep.
<b><i>Children and teenagers can experience mental health issues and may need additional support.</i></b>	Children and teenagers are in critical developmental stages and often face unique emotional, social, and psychological challenges that impact their mental health.

# Therapist Finder Guide

Trying to find a therapist can be stressful.  
Use the steps below to make your search a little easier.

## **01 - Call your insurance provider**

Call the number on the back of your medical insurance card and ask if behavioral health services are covered under your plan. If so, request the representative email you a list of providers in your area that accept your insurance.

## **02- Use online therapist directories**

Online directories, such as PsychologyToday, GoodTherapy and OpenPath, allow you to find therapists in your area. The sites also give you the option to filter through multiple categories like insurance and therapist expertise so you can find the right provider.

## **03- Google, Google and Google**

Type in "Therapists in Allen, Texas" or whatever city you'd like your therapist to be located and a list of centers and individual providers will show up. Keep in mind that a lot of therapists are now totally or partially virtual, so if you are comfortable with virtual sessions you can also search for therapists located in other cities.

## **04 - Leverage Social Media**

Are you a part of any local Facebook groups? If so, ask the other members if they have any recommendations for good therapists. If you feel uncomfortable making the post because of privacy issues, Facebook now gives you the option to post anonymously in groups.

# Mental Health Resources

*If you or someone you know is in imminent danger, call 911.*

## LOCAL

### *Nami North Texas*

Advocates for and offers mental health treatment to individuals across the life span and their family.

**[www.naminorthtexas.org](http://www.naminorthtexas.org)**

### *Mental Health America of Greater Dallas*

Offers psychological services (counseling and testing) to individuals across the lifespan. Sliding scale and reduced fee services are also offered.

**[www.mhadallas.org](http://www.mhadallas.org)**

### *Metrocare*

Largest provider of mental health services in North Texas. Provides services to individuals with mental health challenges, Veterans, and individuals with disabilities.

**[www.metrocareservices.org](http://www.metrocareservices.org)**

## NATIONAL

### *Suicide Prevention Hotline*

A 24/7 confidential hotline to use if you are experiencing a mental health crisis.

**988**

### *Crisis Text Line*

Available 24/7 to provide support and guidance if you are needing someone to talk to or are experiencing a mental health crisis.

**Text HOME to 741741**

### *SAMSA National Hotline*

Helps individuals and their family with mental health and/or substance related issues get connected to treatment facilities.

**1-800-662-HELP**



# What is **DEPRESSION?**

Mental Health Awareness

*Created by Licensed Psychologist  
Dr. Felicia Fisher-Green*



**01**

Depression involves the **persistent** feeling of sadness or down mood.



**02**

Depression can impact your sleep, appetite and energy level.



**03**

Depression often makes things feel less enjoyable.



**04**

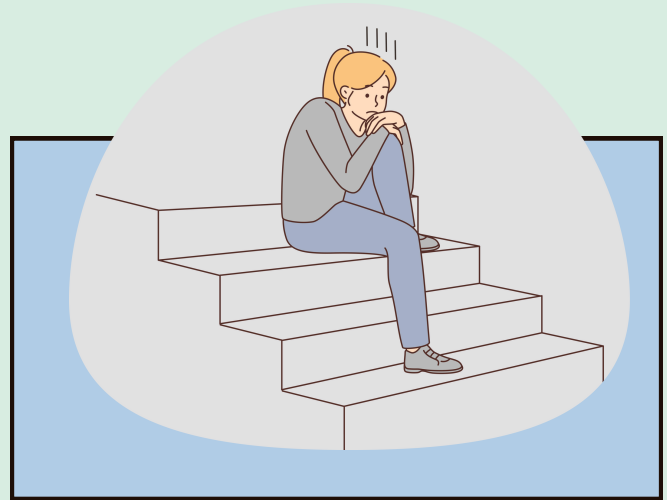
It may be useful to speak to a mental health professional when your depression causes **distress** or **impairs functioning**.



# What is ANXIETY?

Mental Health Awareness

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01

**Anxiety involves the persistent feeling of dread or fear.**



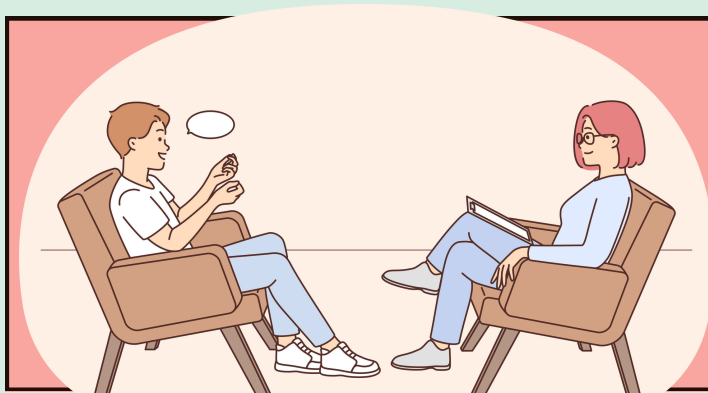
02

**Anxiety can interfere with your sleep, make it hard for you to relax and cause you to be irritable.**



03

**Anxiety often causes overthinking and uncontrollable worry.**



04

**It may be useful to speak to a mental health professional when your anxiety causes distress or impairs functioning.**