



MENTAL HEALTH

1. **Depression and Anxiety** are mental illnesses. They are not weaknesses. You deserve treatment for these illnesses.
2. **Signs and symptoms:** fatigue, sleep changes, being anxious/sad/disinterested, helplessness, hopelessness, change in appetite or weight, alcohol or substance abuse, somatic (body) complaints, suicidal thoughts.

3. **Treatment:**

Psychotherapy is often very helpful. We can recommend counselors to talk to who can help you feel better.

Medication can be helpful along with psychotherapy. The category of medicines we most often prescribe is SSRI. We also may have you see a psychiatrist for advice on medication use. Medications may take 2-4 week to begin to work, and up to 8 weeks to reach full effect. We need to follow you closely when you are on medication – therefore you will need to keep follow up appointments.

It is important to know that if you stop your medications, you may have worsening depression or anxiety and flu like symptoms, insomnia, nausea, imbalance, sensory disturbance, hyperarousal (anxiety/agitation). Also please be aware of possibly drug interactions which may increase the chance of fatigue, etc. (mainly with other psychiatric drugs but sometimes with cold medications).

As with any other medication, you need to advise any health care professionals that you talk to that you are taking these medications.

4. **Follow-Up:** The doctor prescribing any antidepressants needs to see you regularly. He/she will probably see you once a month after medication is first prescribed. You need to make and keep appointments to continue medication.
5. **FDA WARNING** - The FDA has stated that antidepressants may increase the risk of suicide. It is not clear whether this is from the disease (depression) or from the medicine. IF YOU HAVE SUICIDAL THOUGHTS CALL US OR CALL A HOTLINE OR CALL 911! The highest risk is usually within the first several weeks of medication use and may also be associated with manic symptoms.
6. **Web-Site Information:** www.aacap.org www.nhma.org www.nimh.nih.gov
www.bdsalliance.org www.kidshealth.org/parent/emotions

Mental Health: Emergency Services

MONROE MOBILE CRISES TEAM (Part of Strong Behavioral Health) - call Lifeline at 275-5151

The team is a mobile psychiatric emergency department for individuals and families within Monroe County who are experiencing a crisis in mental health. The team's services are designed to divert non-lethal individuals and families from the county's psychiatric emergency departments. There are no age restrictions. Individuals/family can be seen by mental health professionals in their home, place of employment, school, etc. Services provided include Crisis intervention/stabilization, mental health assessments and rapid linkage and/or re-linkage to treatment providers.

HILLSIDE CHILDREN'S CENTER FAMILY CRISIS SUPPORT SERVICES - 585-256-7500

Family Crisis Support Services (FCSS) are intended to provide in-home support services for youth ages 5-21 that are experiencing a mental health crisis and their families.

STRONG MEMORIAL HOSPITAL PSYCHIATRIC EMERGENCY DEPARTMENT - 585-275-4501

ROCHESTER GENERAL EMERGENCY CARE – 585-923-3728