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| **Mental Health Resources**  ***If you or someone you know is having a medical or mental health emergency: CALL 911.***  *A mental health emergency is when someone is a danger to themselves or others.*  *If you or someone you know is experiencing concerning mental health symptoms, but it is NOT an emergency, you can contact the following agencies:*  [*List local agencies*] | |  | | --- | | **Who Can help?**  [*Agency*] Victim Services can assist you with information regarding victims’ rights, Crime Victim Compensation, case status, navigation of the criminal justice system, and referrals to the appropriate community resources or helping professionals or organizations according to your specific needs.  **Resources**  Local Resources  [*Insert state Crime Victims’ Compensation information*]  [*Insert other relevant local resources*]  National Resources  **National Alliance on Mental Illness**  [www.nami.org](http://www.nami.org)    **National Institute of Mental Health**  [www.nimh.nih.gov](http://www.nimh.nih.gov)    **Substance Abuse and Mental Health Services Administration’s (SAMSHA) National Helpline**  1-800-662-4357  [www.samhsa.gov](http://www.samhsa.gov)  This publication was produced under [*Grant Number*] awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this draft publication are those of the contributors and do not necessarily represent the official position of the U.S. Department of Justice.  [*Revision Date*] | | |  | | --- | | **Mental Health**  **[*Agency*] Victim**  **Adult Grief and Loss**  **Adult Grief and Loss**  **Services**  **[*address*]**  **[*phone number*]**  **[*Insert Agency logo*]**  **[insert Agency logo]**  **[insert Agency logo]**  **[insert Agency logo]**  Name/ID Number:  Direct Number: | |
| **What Are Mental Health Conditions?**  A mental health condition refers to a disorder that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with the ordinary demands and routines of life. There are more than 200 classified forms of mental health conditions. Some of the more common disorders are depression, bipolar disorder, dementia, anxiety disorders, and schizophrenia. Symptoms may include changes in mood, personality, personal habits, and/or social withdrawal.1  Mental health conditions may be caused by genetic factors, reactions to environmental stresses, biochemical imbalances, or a combination of these. As with cancer, diabetes, and heart disease, mental health conditions often have symptoms that are physical as well as emotional and psychological. Just like other disorders, the worse it gets, the harder it can be to treat. However, with proper care and treatment, many individuals learn to cope with mental health conditions.  Most people believe that mental health conditions are rare and “happen to someone else.” In fact, mental health conditions are common.  Some families and friends are not prepared to cope with learning their loved one has a mental health condition. It can be physically and emotionally difficult and can make some feel vulnerable to the opinions and judgments of others.  **If you think you or someone you know may have a mental health condition, it is important to remember there is hope and help available.**    1 American Psychiatric Association, “[What Is Mental Illness?](https://www.psychiatry.org/patients-families/what-is-mental-illness)” | **Warning Signs and Symptoms**  Major mental health conditions usually develop over time. Family, friends, teachers, or individuals themselves may notice that “something is not quite right” about their thinking, feelings, or behavior before a mental health condition is diagnosed.  Being informed about symptoms or early warning signs can lead to early intervention that can reduce the severity of a mental health condition. It may be possible to delay or prevent a major crisis altogether.  The following are some indicators that may prompt you or your loved one to speak to a medical or mental health professional. One or two of these symptoms do not necessarily indicate a mental health condition. However, a person experiencing several together, which are impacting the ability to study, work, or relate to others should consider contacting a medical or mental health professional.  **In Adults**   * Confused thinking and/or unusual memory loss (not related to a medical condition) * Long periods of depression (sadness or irritability) * Feelings of extreme highs and lows * Excessive fears, worries, and anxieties. * Social withdrawal * Dramatic changes in eating or sleeping habits. * Strong feelings of anger * Delusions or hallucinations * Growing inability to cope with daily problems and activities or attending to personal needs. * Suicidal thoughts * Denial of obvious problems * Numerous unexplained physical ailments * Substance abuse or refusal to take prescribed medications. | **In Older Children and Adolescents**   * Inability to cope with problems and daily activities. * Changes in sleeping and/or eating habits. * Excessive complaints of physical ailments * Defiance of authority, truancy, theft, and/or vandalism * Intense fear of weight gain * Prolonged negative mood often accompanied by poor appetite or thoughts of death. * Frequent outbursts of anger * Substance abuse   **In Young Children**   * Changes in school performance * Poor grades despite strong efforts * Excessive worry or anxiety (e.g., refusing to go to bed or school) * Hyperactivity * Persistent nightmares * Persistent disobedience or aggression * Frequent temper tantrums   Shame, fear, denial, and other factors often prevent individuals or their family members from seeking help. Ongoing individual and/or family counseling, vocational and educational support, medication when appropriate, and close monitoring by a medical professional can all be powerful elements of an effective and comprehensive treatment plan. |