

RECOGNIZING MENTAL ILLNESS

Brought to you by INFONET, a subsidiary committee of the Metrocouncil of Community Mental Health Centers and Associations.

Most people believe that mental illnesses are rare and “happen to someone else.” In fact, mental illnesses are common and widespread. An estimated 54 million Americans suffer from some form of mental illness in a given year.

Most families are not prepared to cope with learning their loved one has a mental illness. It can be physically and emotionally trying, and can make us feel vulnerable to the opinions and judgments of others.

If you think you or someone you know may have a mental or emotional illness, it is important to remember there is hope and help.

WHAT IS MENTAL ILLNESS?

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life’s ordinary demands and routines.

There are more than 200 classified forms of mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

INFONET AGENCIES

COMPREHENSIVE MENTAL HEALTH SERVICES

10901 Winner Road, Independence, MO 64052
816-254-3652
www.thecmhs.com

JOHNSON COUNTY MENTAL HEALTH CENTER

6000 Lamar, Mission, KS 66202
913-831-2550
www.jocoks.com/mentalhealth

MENTAL HEALTH ASSOC. OF THE HEARTLAND

739 Minnesota Ave., Kansas City, KS 66101
913-281-2221
www.mhah.org

REDISCOVER (formerly Research MH Services) Mental Health & Addiction Services

901 NE Independence, Lee’s Summit, MO 64086
816-246-8000
www.rediscovermh.org

SWOPE HEALTH SERVICES BEHAVIORAL HEALTH

3801 Blue Parkway, Kansas City, MO 64130
816-923-5800
www.swopehealth.org

TRI-COUNTY MENTAL HEALTH SERVICES

3100 NE 83rd Street, Kansas City, MO 64119
816-468-0400
www.tri-countymhs.org

TMC BEHAVIORAL HEALTH NETWORK

2200 Charlotte Street, Kansas City, MO 64108
816-404-5700
www.trumed.org

WESTERN MO MENTAL HEALTH CENTER

600 E. 22nd Street, Kansas City, MO 64108
816-512-4558

WYANDOT CENTER

7840 Washington Ave., Kansas City, KS 66112
913-328-4600
www.wyandotcenter.org

WARNING SIGNS AND SYMPTOMS

The following are signs that you or your loved one may want to speak to a medical or mental health professional.

IN ADULTS:

- ◆ Confused thinking
- ◆ Prolonged 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
- ◆ Suicidal thoughts
- ◆ Serial of obvious problems
- ◆ Numerous unexplained physical ailments
- ◆ Substance abuse

IN OLDER CHILDREN AND PRE-ADOLESCENTS:

- ◆ Substance abuse
- ◆ Inability to cope with problems and daily activities
- ◆ Change 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

IN YOUNGER CHILDREN:

- ◆ Changes in school performance
- ◆ Poor grades despite strong efforts
- ◆ Excessive worry or anxiety (i.e. refusing to go to bed or school)
- ◆ Hyperactivity
- ◆ Persistent nightmares
- ◆ Persistent disobedience or aggression and/or frequent temper tantrums

GETTING HELP

A mental health professional can suggest ways to cope and better understand you or your loved one's illness. In Kansas City there is a network of mental health facilities that can help with these problems. In fact, the treatment success rate for mental health disorders surpasses those of other medical conditions, such as heart disease.

The Community Mental Health Centers listed on the front of this flier provide a network of treatment, referrals and support. In addition to helping treat your mental illness, our agencies can provide rehabilitation, vocational and case management services to help you live a full and independent life. Our agencies treat the most severe type of mental illnesses, regardless of ability to pay. For more information, visit our website at www.mentalhealthkc.org.