



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Do you know what Mental Health Really Looks Like?

Mental illness isn't like a sinus infection. You can't just wait it out or take a pill to make everything go away. Our brains are complex and enigmatic, and mental illness is no different. This leads to a lot of misconceptions that make recovery much harder. Here are a few things you should know, whether you're a sufferer or not.

What does "mental illness" mean? Everyone has stress and difficult emotions from time to time and this is normal. Mental illness, on the other hand, is any condition that makes it difficult to function in daily life. It can affect your relationships, your job, or prevent you from reaching any otherwise attainable goal.

If that sounds like a pretty wide definition, it's because the human mind is complex. Mental illness can range from anxiety and mood disorders that have a severe and tangible effect on your emotions and motivation, to psychotic disorders like schizophrenia that affect your perceptions or senses with things like delusions or hallucinations. Living with any of these can be debilitating. We rely on our senses, emotions, and perceptions to get us through the day. When any of those fail, it can make life difficult.

According to Psych Central, there are still many myths floating around out there about mental illness, ranging from the absurd to the contradictory to the somewhat plausible. All are equally false. Unfortunately, these ideas make it harder for those suffering from mental health troubles to get the support and attention they need.

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"Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction."

- Michelle Obama

"Never underestimate the power of an encouraging peer when it comes to your mental health."

- Brad Hoefs

"Healing isn't about changing who you are; it's about changing your relationship to who you are. A fundamental part of that is honoring how you feel."

- Suzanne Heyn

"Always remember that the future comes one day at a time."

- Dean Acheson



Common Misperceptions About Mental Illness:

- 1. Mental illness is destructive, but thankfully it is still not all that common.** According to a recent study by the National Institute of Mental Health, 18.6 percent of American adults (43.7 million people) will suffer from some form of mental illness in any given year. Among the adolescent age group (ages 13 to 18), the figure hovers right around the 20 percent mark. Up to 45 percent of these victims will have two or more diagnosable conditions simultaneously, while approximately six percent of the population currently suffers from a severe, disabling form of mental health disorder.
- 2. Some of the so-called “mentally ill” are just making excuses for their weakness or failure. These people need to stop whining, get up off the couch and go find a job.** Anyone who claims mental health conditions are the bogus rationalizations of the chronic underachiever is talking out of his or her you-know-what. Mental health disorders don’t discriminate based on age, race, gender, ethnicity, occupation (or lack thereof), religion, social strata, economic class, ethnic background, political party or life philosophy.
- 3. When people are mentally ill, they can’t hold down a job or take care of themselves and their families properly.** This is sometimes true with respect to the more severe forms of mental illness, but the majority of those suffering from mental health disorders are able to meet their work requirements and fulfill their family responsibilities most of the time. But because so many sufferers seem fine, even those closest to them don’t realize how much they’re hurting.
- 4. The mentally ill should be feared because of their propensity for violence.** Every study carried out on the subject has found that people suffering from mental illness are more likely to become the victims of violence than to be its perpetrators. And when those with mental health troubles do become violent, it tends to be related to that abuse. According to one recent study, mentally ill people subjected to violence are 11 times more likely to become violent themselves, which suggests that their actions are frequently in self-defense.



The following celebrities suffer from mental illness:

Adele
Lionel Aldridge
Roseanne Barr
David Beckham
Terry Bradshaw
Russell Brand
Mariah Carey
Paula Deen
Leonardo DiCaprio
Carrie Fisher
Lady Gaga
Mel Gibson
Selena Gomez
Ariana Grande
Prince Harry
Ernest Hemingway
Jimmy Hendrix
Billy Joel
Elton John
Angelina Jolie
Catherine Zeta Jones
Demi Lovato
Howie Mandel
Donny Osmond
Michael Phelps
Daniel Radcliffe
Bebe Rexha
Ryan Reynolds
Brooke Shields
Frank Sinatra
Chrissy Teigen
Emma Thompson
Mike Tyson
Jean-Claude Van Damme
Herschel Walker
Kanye West
Robin Williams
Brian Wilson



Dear Valued Referral Sources,

This July will serve as one year since we merged our two behavioral health locations into one. Your continued referrals have helped make this transition a success. As we approach our one year mark, we remain committed to providing great patient care to those we serve. Please don't hesitate to contact me if you have any questions or concerns. We truly appreciate your support!

Sincerely,

Jennifer Campbell, MSW, LSW

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Greene County Crisis Line: (888) 480-7283
Washington County Crisis Line: (877) 225-3567
National Suicide Prevention Lifeline: (800) 273-8255
Greenbriar Treatment Facility: (800) 637-4673