



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing
MONTHLY NEWSLETTER



Mental Health and Heart Health

For years, health care professionals thought the connection between mental health and heart health was strictly behavioral — such as a person who’s feeling down seeking relief by smoking, drinking or eating unhealthy.

That thinking has started to change. Research shows possible physiological connections, too. Increasing evidence shows that biological and chemical factors that trigger mental health issues may also influence heart disease.

Having mental health issues isn’t just about being unhappy; it’s having biochemical changes that predispose people to have other health issues, including heart problems. So the head-heart connection should be an important consideration in patient care.

Depression and Other Issues

Many forms of mental health issues can affect heart disease. You can have a temporary state of depression or a more severe, clinical case. You can also have varying levels of anxiety and stress, just to name a few of the most well-known problems.

Daily stressors, such as those related to work and traumatic incidents, can increase the risk of heart disease. Social isolation and loneliness — common sources of stress — are also linked to increased risk of heart attack or stroke.

Heart, Stroke Patients Must Be Wary

Heart disease or stroke can cause anxiety or depression. So it’s important to handle these in a healthy way. It’s not just that people with [heart disease](#) or [stroke](#) want to smoke or eat to boost their mood. They may not have the energy to get out of bed, go to rehab and do things to regain their physical health. Some might think, “I just had a heart attack, I should be depressed.” But minimizing their sadness, or dismissing it, could start them down a slippery slope.

What You Should Do

Start by discussing how you’re feeling — physically and mentally — with your health care professional. They can help or refer you to the most appropriate care or provide the best place to start.

You should monitor the physical and mental health of yourself and your loved ones, especially those dealing with heart disease or stroke.

To read the full article and get the statistical data and graphs, please visit: [Mental Health and Heart Health | American Heart Association](#)

**February
2024**



Month

[American Heart Month](#)

[Black History Month](#)

Week

[National Eating Disorder Awareness Week](#)

(Feb. 26- Mar. 3)

Day

[Self-Love Day](#)
(Feb. 13th)

To learn more visit: [2024-](#)

[National-Observances.pdf](#)
([mhanational.org](#))



Eating Disorders

love 
yourself

SELF LOVE DAY:

Self-Love Day, on February 13th, is a special occasion dedicated to valuing and nurturing your own well-being, fostering a positive relationship with yourself.

What is Self-Love Day

- Self-Love Day occurs annually on February 13th.
- Focuses on self-care, inner growth, and empowerment.
- Encourages valuing oneself and nurturing well-being.
- Promotes positive self-relationship and acceptance.
- Inspires individuals to prioritize their journey to self-empowerment.

To learn more visit:
[Self-Love Day February 13, 2024: History and Importance - Drlogy](#)

Eating disorders are real and complex medical and mental health conditions that can have serious consequences for health, productivity, and relationships. Eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, and OSFED (other specified feeding or eating disorder) are not fads, phases, or lifestyle choices. People struggling with an eating disorder often become obsessed with food, body image, and/or weight. These disorders can be life-threatening if not recognized and treated appropriately.

Prevalence:

Disordered eating and dangerous weight loss behaviors have unfortunately become normalized in our culture. Dieting, "clean eating," and compulsive exercise are often behaviors that come before diagnosable eating disorders. There is a common misconception that eating disorder symptoms must be severe in order to seek professional help, but any symptom is cause for concern, and it is best to take action early. When disordered eating has a negative impact on quality of life, it's time to seek help.

Eating disorders—such as anorexia, bulimia, and binge eating—include extreme emotions, attitudes, and behaviors surrounding weight and food. Eating disorders are conditions affecting both emotional and physical health that can lead to life-threatening consequences. Anyone can develop an eating disorder regardless of their gender, age, race, ethnicity, culture, size, socioeconomic status, or sexual orientation.

In the United States, [nearly 29 million people at some time in their life suffer from an eating disorder](#).

The prevalence of eating disorders is [similar across most races and ethnicities](#).

Types of Eating Disorders:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- **Other specified feeding or eating disorder (OSFED)** is a feeding or eating disorder that causes significant distress or impairment but does not meet the criteria for another feeding or eating disorder. Examples of OSFED include:
 - Atypical anorexia nervosa (weight is not below normal)
 - Bulimia nervosa (with less frequent behaviors)
 - Binge eating disorder (with less frequent occurrences)
 - Purging disorder (purging without binge eating)
 - Night eating syndrome (excessive nighttime food consumption)

Eating disorders come in many different forms, and [OSFED can be equally as severe as the other eating disorder diagnoses](#). To read the full article and get the statistical data and graphs, please visit: [Eating Disorders | Mental Health America \(mhanational.org\)](#)



Dear Valued Referral Sources,

May this month bring you more love, beautiful blessings and fulfilled dreams that bring you closer to happiness and joy.

Sincerely,

Jennifer Campbell, MSW, LSW

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Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

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Greene County Crisis Line: 1-800-417-9460

Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

SPHS, Center of Excellence Opiate Use Disorder Hotline: 1-888-810-8595

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283