



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



6 Surprising Signs That You're Struggling with Depression

Most people know the telltale signs of **depression**: a deep, sinking sadness, loss of hope, a bleak outlook on life, and weight and appetite changes. As psychologist Deborah Serani, Psy.D, said, most people also picture a slow-moving individual with sloped shoulders who's unable to get out of bed.

While for some people the above is absolutely true, for others, different signs are more prominent and indicative of depression—signs that might surprise you. Below are six symptoms to watch out for.

1. You have a super short fuse.
2. Your concentration is shaky.
3. You can't make up your mind.
4. You strive for perfection.
5. You have random aches or chronic pain.
6. You feel utterly empty.

For more information visit <https://psychcentral.com>

April 2019



Mental Health Awareness Calendar for April

Alcohol Awareness Month

National Autism Awareness Month

National Child Abuse Prevention Month

Stress Awareness Month

Sexual Assault Awareness and Prevention Month

National Counseling Awareness Month

National Minority Health Month

Resource:

<https://sacwellness.com/mental-health-awareness-calendar>



Seasonal Allergies and Mental Health

It may not be an obvious connection; yet seasonal allergies can significantly worsen existing anxiety and depression. While depression and other mental illness have a root cause of inflammation - therefore reducing sources of inflammation makes sense - the link between seasonal allergies and anxiety and depression is more defined than their common association with inflammation.

There is significant [research](#) looking at how and why seasonal allergies worsen mood disorders, and so far it seems to do with histamine, a mediator of the inflammatory response in allergies.

Histamine is also a neurotransmitter, and its actions are widespread throughout the brain.

If you or someone you care for experience anxiety and depression *as well as* seasonal allergies, this is important information. By knowing that seasonal allergies may be a trigger, you can expect it (see www.pollen.com) and be prepared with strategies. Strategies might include setting an appointment with your psychotherapist, brushing-up your mindfulness routines, overall re-establishing your routines of self-care. Additionally, one of your strategies might be doing what you can to manage these seasonal allergies.

A few common sense approaches can help. Visit <https://www.pwcboulder.com> for more information.

DID YOU KNOW...



- **Around 20% of the world's children and adolescents have mental disorders or problems.**
- **Mental and substance use disorders are the leading cause of disability worldwide.**
- **About 800,000 people commit suicide every year.**
- **War and disaster have a large impact on mental health and psychosocial wellbeing.**
- **Mental disorders are important risk factors for other diseases, as well as unintentional and intentional injury.**
- **Stigma and discrimination against patients and families prevent people from seeking mental health care.**



Dear Valued Referral Sources,

It is our pleasure to serve your patients, families and friends each and every day. We appreciate your continued referrals and collaboration. Thank you so much for your trust and confidence. Our goal is great patient care. Should you have questions or concerns, please don't hesitate to contact us.

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