

I DON'T RECOGNIZE MYSELF ANYMORE

ASKING FOR HELP IS A SIGN OF STRENGTH

Not actual patients


ARE YOU EXPERIENCING UNEXPLAINED MOODINESS, SLEEP PROBLEMS, PAINS AND FATIGUE?

Did you know that these symptoms may be linked to your mental health?

Mental health is as essential as physical health.¹ Mental health problems lead to suffering in families, at work, at school and can be a serious impairment in life.²

WHAT MAY BE HAPPENING TO ME?


Anxiety



Eddie is 36 and is enjoying his job in a new workplace

suffers silently from anxiety

MENTAL HEALTH IS AS ESSENTIAL AS PHYSICAL HEALTH¹
LET'S TEAR AWAY THE SILENCE ABOUT IT
Talk to your doctor and start living your best life



What are the physical signs of an anxiety?

When anxiety affects your daily life it's called an anxiety disorder and it might appear as physical problems.³

Anxiety can take many forms and can be related to many different causes, with general anxiety disorder being one of the most widespread.^{4,5}

Effects of anxiety on your body⁶

- excessive, uncontrollable worry
- aches & pains
- restlessness
- fatigue
- rapid heartbeat
- dizziness
- sweating
- headaches
- digestive upset

Are you experiencing symptoms of anxiety?

Don't wait for them to pass! Talk to your doctor, who will help you address your symptoms, discover the causes, and eventually establish a path for treatment and cure. Remember, there's no shame in taking care of your mental wellbeing.

Panic attack



Chen is 18 and enjoys every single day at school

suffers silently from panic attacks

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What are the physical signs of a panic attack?⁷

Panic attacks are hard to identify. They are not a simple moment of discomfort as a result of an unpleasant situation, but sudden periods of strong discomfort, accompanied by a sense of losing control, often a sense of dread or fear, even when there is no clear danger or trigger and the context is not actually menacing.

Effects of panic attack on your body⁶

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensations of shortness of breath or smothering
- Feelings of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, unsteady, light-headed, or faint

Are you experiencing symptoms of panic attacks?

If you are going through any of these symptoms, don't wait until they are overwhelming. Just as with other medical illnesses, early intervention can make a crucial difference.⁸ Talk to your doctor for advice and eventually a path to treatment and cure!

Depression



Mary is 58 and loves riding her bike every day

suffers silently from depression

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What are the physical signs of depression?

Depression may also be a cause of physical symptoms, that may be mistakenly believed to be the result of illnesses related to the body rather than the mind.

Effects of depression on your body⁹

- chronic joint pain
- limb pain
- back pain
- gastrointestinal problems
- tiredness
- sleep disturbances
- psychomotor activity changes
- appetite changes

Are you experiencing symptoms of depression?¹⁰

Depression can be mild, moderate, or severe. Even mild depression can become more serious if it's not treated.

If you've been feeling sad or down and can't seem to shake it, talk with a doctor about depression. The good news is that you can get treatment for depression. Getting help is the best thing you can do for yourself and your loved ones. You can feel better.

Generalized Anxiety Disorder (GAD)¹¹



Grace is 67 and has been enjoying looking after her grandchildren since she retired

has been suffering from generalized anxiety disorder in silence

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What are the physical signs of GAD?

With GAD, you often find yourself worrying about everyday issues for no obvious reason, but you may experience also physical symptoms that make it hard to function and that interfere with daily life.

Symptoms may fluctuate over time and are often worse during times of stress - for example -with a physical illness, during school exams, or during a family or relationship conflict.

Physical symptoms

- headaches, muscle aches, stomachaches, or unexplained pains
- sweat a lot, feel lightheaded, or feel out of breath
- tire easily or feel tired all the time
- difficulty swallowing
- feel restless and have trouble relaxing
- trouble falling asleep or staying asleep

Are you experiencing symptoms of Generalized Anxiety Disorder?

If you think you're experiencing symptoms of GAD, talk to your doctor. After discussing your history, he may conduct a physical exam to ensure that an unrelated physical problem is not causing your symptoms.

The good news is GAD is treatable; the first step to effective treatment is to get a diagnosis, usually from a mental health professional.



MENTAL HEALTH IS AS ESSENTIAL AS PHYSICAL HEALTH

Asking for help is a sign of strength

Many people who have a mental illness do not want to talk about it. But mental illness is nothing to be ashamed of! It's a medical condition, just like heart disease or diabetes. Mental health issues do not need to be “serious” before you could ask for support; your emotions and experiences are valid, and you deserve help. It is crucial to seek assistance, when it comes to mental health, for various reasons.

How can we reduce the negative attitudes and beliefs surrounding mental health issues to promote greater understanding and acceptance of individuals who struggle with these conditions?

Reducing the negative attitudes and beliefs about mental health

People who experience mental health challenges may avoid seeking help due to the fear of being labeled as “weak” or “crazy.”¹²

Don't let the negative stereotype stigma surrounding mental illness prevent you from seeking support! Talk about your concerns with your doctor, who has developed a long-term trusting relationship with you and is aware of your family background and psychosocial status.¹³ Speaking honestly about your mental health is a positive step toward improving it.

Mental health does not discriminate

Anyone, regardless of age, gender, ethnicity, social class or income level can be affected. Approximately 792 million people suffer from mental health problems - **that is one in ten people**.¹⁴

- Around 20% of the world's children and adolescents suffer from a mental disorder; adolescent depression often continues unabated into adulthood.⁸
- Over 20% of adults aged 60 and over suffer from a mental or neurological disorder; depression accounts for 7% and anxiety disorders for 3.8%.¹⁵

Mental health problems may be perceived by older people and their families as an inevitable consequence of ageing, but they are not. They are health problems that will improve after adequate treatment.¹⁶

Early intervention and treatment are crucial.⁸

Seeking help can lead to a healthier, more fulfilling life.

Talk to your doctor. It's never too late or too early to take care of your mental health. And it's never inappropriate to deal with it.

Treatment is available

Do you feel like you may be experiencing a mental issue? Know that tens of thousands of studies have demonstrated that mental disorders can be successfully treated.⁸

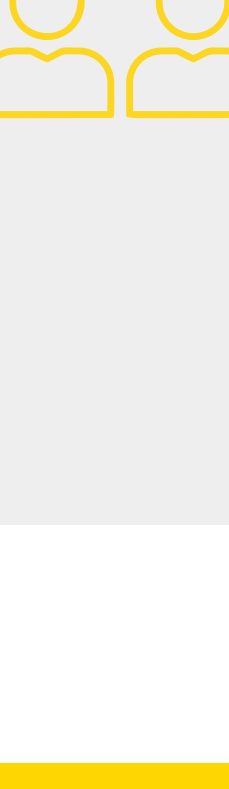
There are many different treatment options available, including lifestyle changes, therapy and medication.¹⁷ There is no treatment that works universally; which is the best for you? Talk to your doctor and start addressing your problems.

Live your life at its best

Mental health is just as essential as physical health¹; with appropriate support and early intervention, **people with mental illness can live fulfilling and productive lives**, even while having symptoms.

But the longer mental health conditions go untreated, the more severe they become.^{18,19} Don't hesitate to seek out the support you need and start living your life in full.

DON'T WAIT: TALK TO YOUR DOCTOR²⁰



1. Prepare ahead of your visit

Your doctor probably has a limited time for each appointment, so it may be helpful to think of your questions or concerns beforehand.



2. Be honest

Your doctor can help you get better only if you have open, honest communication; remember that these discussions are private and cannot be shared without your permission.

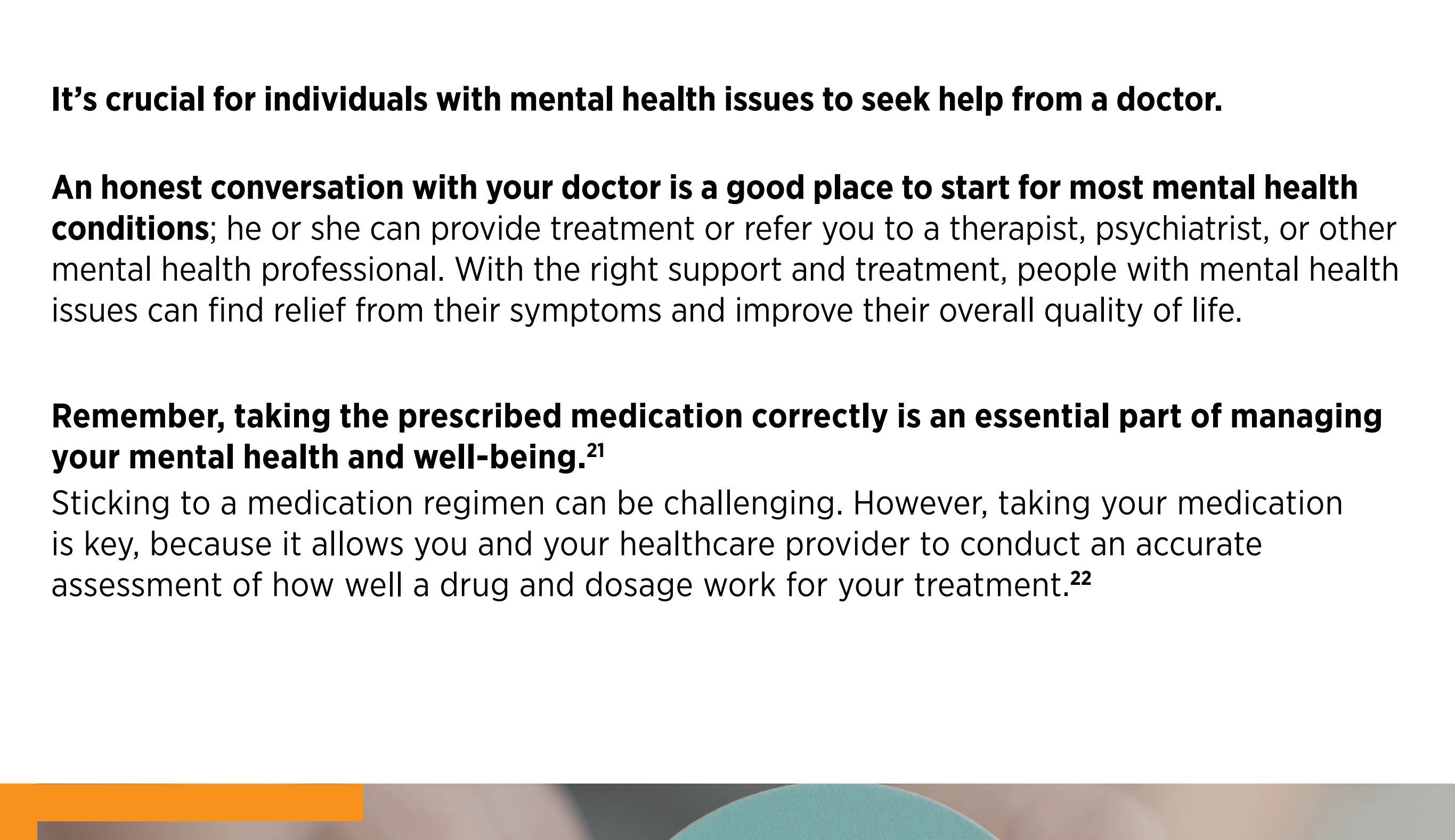
Describe all your symptoms and be specific about when they started, how severe they are, and how often they occur. You should also share any major stressors or recent life changes that may be causing or worsening your symptoms.



3. Don't be afraid to ask questions

If you have questions or concerns, ask your doctor for more information about the mental health diagnosis or treatment.

If your doctor suggests a treatment option that you're not comfortable with, express your concerns and ask if there are other options. It's important to remember that there is no “one-size-fits-all” treatment.



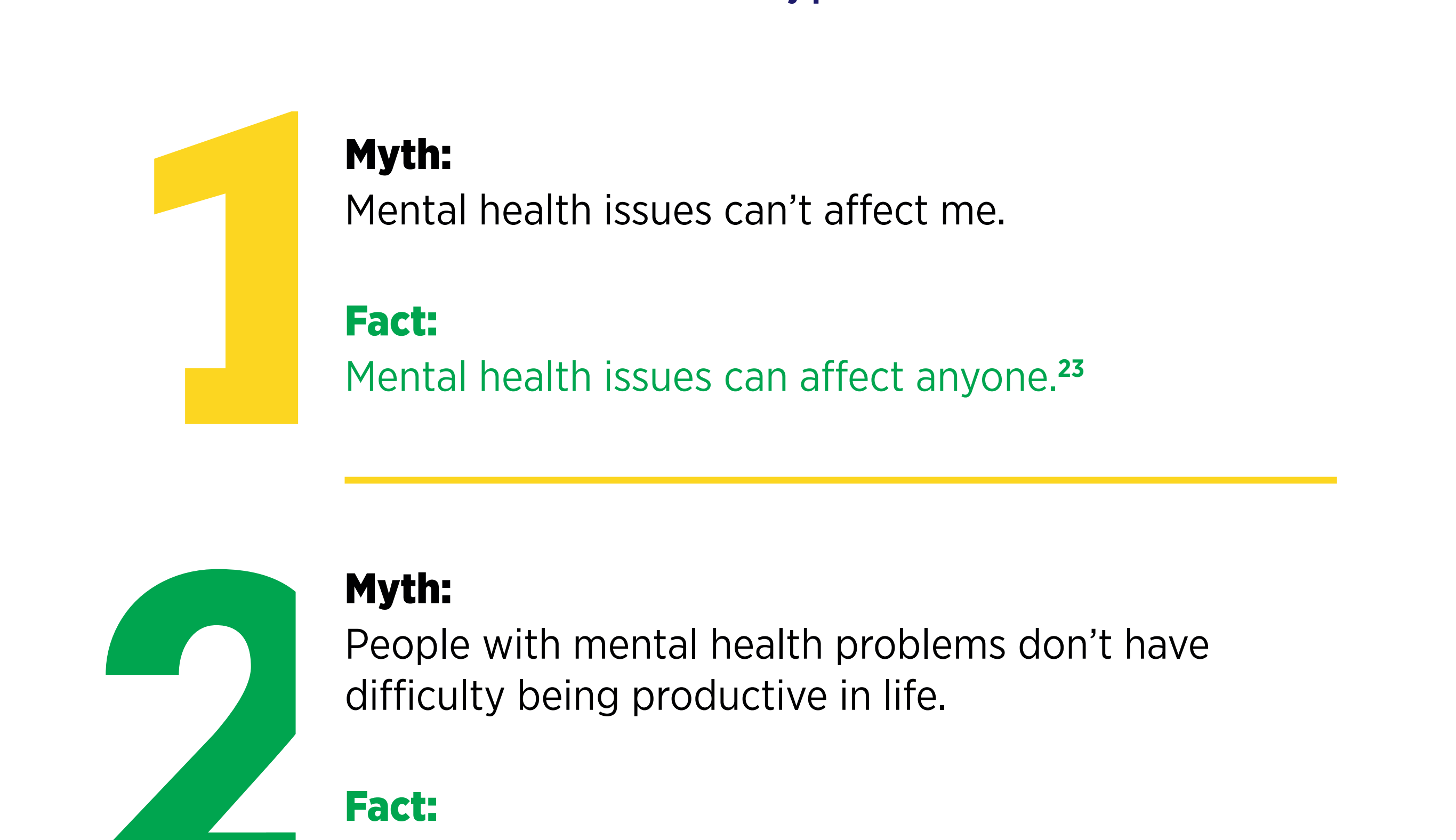
IT'S CRUCIAL TO SEEK HELP FROM YOUR DOCTOR

It's crucial for individuals with mental health issues to seek help from a doctor.

An honest conversation with your doctor is a good place to start for most mental health conditions; he or she can provide treatment or refer you to a therapist, psychiatrist, or other mental health professional. With the right support and treatment, people with mental health issues can find relief from their symptoms and improve their overall quality of life.

Remember, taking the prescribed medication correctly is an essential part of managing your mental health and well-being.²¹

Sticking to a medication regimen can be challenging. However, taking your medication is key, because it allows you and your healthcare provider to conduct an accurate assessment of how well a drug and dosage work for your treatment.²²



MENTAL HEALTH: MYTHS AND FACTS

Sometimes, misinformation about medicine and science in general can lead people to make wrong choices about their health.

Learn the truth about the most common mental health myths and information to help get free from misconception about them.

If you have doubts or need clarification about mental health problems, their treatment and cure, **don't hesitate, talk to your doctor.**

Correct information is fundamental to address any problem.

1

Myth:

Mental health issues can't affect me.

Fact:

Mental health issues can affect anyone.²³

2

Myth:

People with mental health problems don't have difficulty being productive in life.

Fact:

Most people with mental health problems are impaired in their daily functioning, but with treatment they can be as productive as anyone else.²³

Mental health and productivity are closely linked. When our mental health is compromised, it can severely impact our motivation and productivity, making it challenging to accomplish even the simplest tasks. However, seeking help from a mental health professional and following the treatment plan, individuals can experience increased energy levels and a renewed sense of motivation, leading to improved productivity.²⁴

3

Myth:²³

Mental health issues are a result of personality weakness or character flaws, and people can “snap out of it” if they try hard enough.

Fact:

Mental health conditions have nothing to do with being lazy or weak and many people need help to get better, as anyone else would.

Many factors contribute to mental health conditions, including biological factors, life experiences and family history of mental health conditions. People with mental health conditions can get better and many seek recovery support.

4

Myth:²³

There is no hope for people with mental health issues. Once a friend or family member develops a mental health condition, they will never recover.

Fact:

Studies show that people with mental health conditions get better, and many are on a path to recovery. They can play an active and productive role in all aspects of society and life.

There are now more effective treatments, services, and community support systems available than ever before, and they work!

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