

May is Mental Health Awareness Month



Mental Health is an important part of overall health. We are strongest when we join together.

SIGNS OF DEPRESSION/ANXIETY

- Lethargy: loss of energy and/or motivation
- Aches and pains with no apparent cause
- Changes in sleep patterns: insomnia, hypersomnia, sleeping during the day and up during the night
- A depressed or empty mood
- A loss of pleasure in activities
- A substantial, unplanned weight loss or gain
- Restlessness, irritability
- Feelings of helplessness or hopelessness
- Excessive or inappropriate guilt
- Difficulty thinking clearly
- Recurrent thoughts of death or suicide
- Excessive anxiety or worry

PATHWAYS TO WELLNESS PROGRAM STATISTICS ON DISCHARGED PATIENTS:

- Depression decreased by 60%
- Anxiety decreased by 22%



Our goal is to help patients safely return to their optimal style of living. Allow us to partner with you in making the future brighter for you and your loved ones. Hope is just around the corner.



VISIT US *Online*

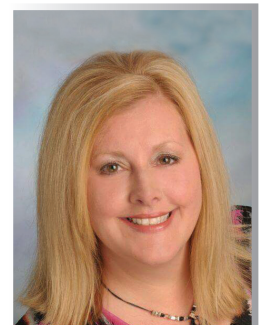
Please call to make a referral at
937.840.6581 or visit the
Pathways to Wellness page
at www.hdh.org



Patsi Dick, BSN, RN
Program Director



Ramesh Shivani, MD
Program Medical Director



Teresa Shriver, LSW
Program Therapist