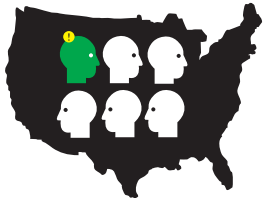


# Mental Health Awareness Month

## Nurse Practitioners & Your Mental Health

Nurse practitioners are Master's and/or Doctoral prepared nurses who have been educated and trained to diagnose and manage illnesses and disease, prescribe medication, and help implement health promotion interventions. Psychiatric Mental Health Nurse Practitioners are specially trained to diagnose and manage psychiatric and mental illnesses.

### Did You Know...?



Approximately **1 in 6** individuals in the U.S. are living with a mental health condition.<sup>1</sup>



In Texas, approximately **637,000 adults** (3.5% of all adults) per year in 2009–2013 had a serious mental illness.<sup>2</sup>

**637,000**  
**ADULTS**

Individuals with mental illnesses are at **increased risk for cardiovascular disease and diabetes.**<sup>3</sup>



Mental illnesses are the **3rd most costly medical conditions** in the United States and they contribute to **billions lost in unearned income.**<sup>4</sup>

### Which NP can help you?

#### Psychiatric Mental Health NP Ana.



Ana can diagnose mental illnesses such as anxiety, depression, substance use disorder, bipolar disorder, and many others. She can also prescribe medications and provide counseling for patients with these conditions.

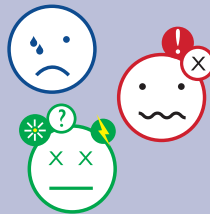
#### Women's Health NP Susan.

Postpartum depression is one of the most frequent complications of childbirth affecting around 500,000 women a year. Susan can screen women for postpartum depression and connect mom and baby to the resources they need.



#### Pediatric NP Jessica.

Jessica can care for children and teenagers who struggle with mental health concerns such as anxiety, depression, and family disruption.



#### Geriatric NP Tim.

Tim can help aging adults and their families maintain quality of life and independence as they face challenges from chronic illness, depression, anxiety, and dementia.



### Patient Call to Action!

**1. Contact your health care provider to establish mental health goals.** Individualized mental health goals establish an action plan prioritizing your safety and optimal functioning.

**2. Establish a daily routine that promotes adequate rest, activity, and nutrition.**



**3. Participate in activities that encourage mental wellness like journaling, counseling, and surrounding yourself with supportive family and friends.**

<sup>1</sup> National Institute of Mental Health (2017)

<sup>2</sup> Substance Abuse and Mental Health Services Administration (2014)

<sup>3</sup> World Psychiatry, Correll et al (2017)

<sup>4</sup> Agency for Healthcare Research and Quality (2013)