

# VitaMin



## Vital health information in a minute

### Help is out there. All you have to do is ask.

**You're not alone fact:** One in five adults experiences a mental health condition every year.<sup>1</sup>

#### Three steps you can take for yourself or a loved one:

- 1. Learn about it.** Educate yourself so you have a better understanding of what's going on.
- 2. Talk about it.** Share your feelings, show you care, listen and show your support.
- 3. Get help.** Mental health disorders can be treated with medical care, such as medicine and therapy.

#### Common disorders and warning signs

##### Anxiety disorders

*Heightened feelings of fear or dread*

- panic disorder
- obsessive-compulsive disorder (OCD)
- post-traumatic stress disorder (PTSD)
- phobias

**! Warning signs:** Racing heart, sweating irrational fears, nightmares or flashbacks

##### Mood disorders

*Persistent sad feelings or extreme happiness and sadness*

- depression
- bipolar disorder
- seasonal affective disorder (SAD)

**! Warning signs:** Sadness, lack of interest in activities, sleep problems, loss of energy, extreme mood swings

##### Eating disorders

*Unhealthy attitudes or emotions involving weight or food*

- anorexia nervosa
- binge eating
- bulimia

**! Warning signs:** fear of gaining weight, distorted body image, extreme efforts to control weight

##### Other serious mental health disorders

*Interfering with life, activities and relationships in seriously negative ways*

- personality disorders
- psychotic disorders (schizophrenia)
- substance use disorders

**! Warning signs:** Impulsive or reckless behaviors, unstable personal relationships, self-harming behaviors, hallucinations or delusions, sudden mood swings and angry outbursts, increasing use of drugs or alcohol

#### Resources for immediate help

Mental health problems can make it challenging to handle everyday situations at work and home. If you need help, your doctor can be a resource for next steps and treatment options.

##### National Alliance on Mental Illness

Website: [nami.org](http://nami.org)

Helpline: 800.950.6264

##### National Suicide Prevention Lifeline

Website: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Helpline: 800.273.TALK (8255)

#### Source:

1. National Alliance on Mental Illness. "Mental Health Conditions." <https://www.nami.org/Learn-More/Mental-Health-Conditions> (accessed April 24, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.



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