

Providing Mental Health Resources at your Library

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Mental Health Awareness Month



<https://mhanational.org/mental-health-month/>

Session Outline

Mental Health Stats

Health Information Resources

Programs and Services for Your Library

Mental Health Stats

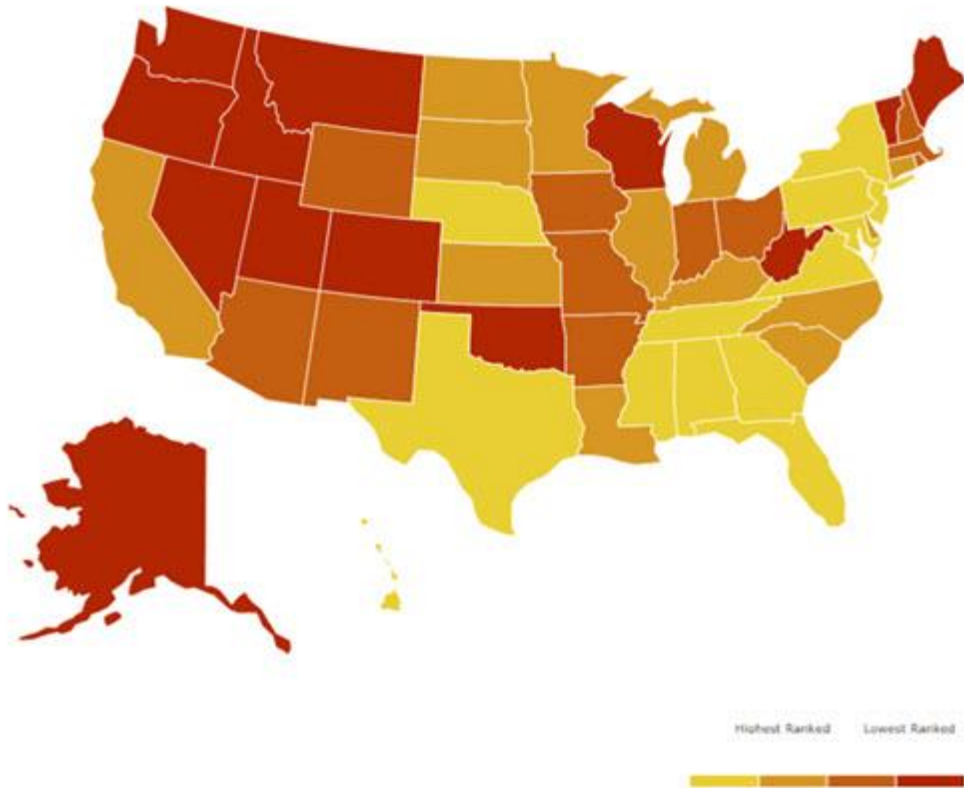


Mental Health Statistics

Health Information Resources

Programs and Services

Mental Illness in the United States



1 in 4 Americans

58.7 Million Adults

Health Information Resources



Mental Health Facts

Mental Health Resources

- Freely available resources

Programs and Services at Your Library

NNLM Public Libraries Guide – Mental Health

Resources for Public Libraries

[Home](#) / Resources For Public Libraries

Getting Started

Evaluating Health Information

Health Information Resources

Health Information in Multiple Languages

Substance Use Disorders

Behavioral and Mental Health

Health Programming

Consumer Health Collection Management

Health Insurance

Tools & Print Materials

Crisis Helplines

988 Suicide & Crisis Lifeline

Call or text 988 or chat [988Lifeline.org](https://988lifeline.org)

The [988 Suicide & Crisis Lifeline](https://988lifeline.org) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

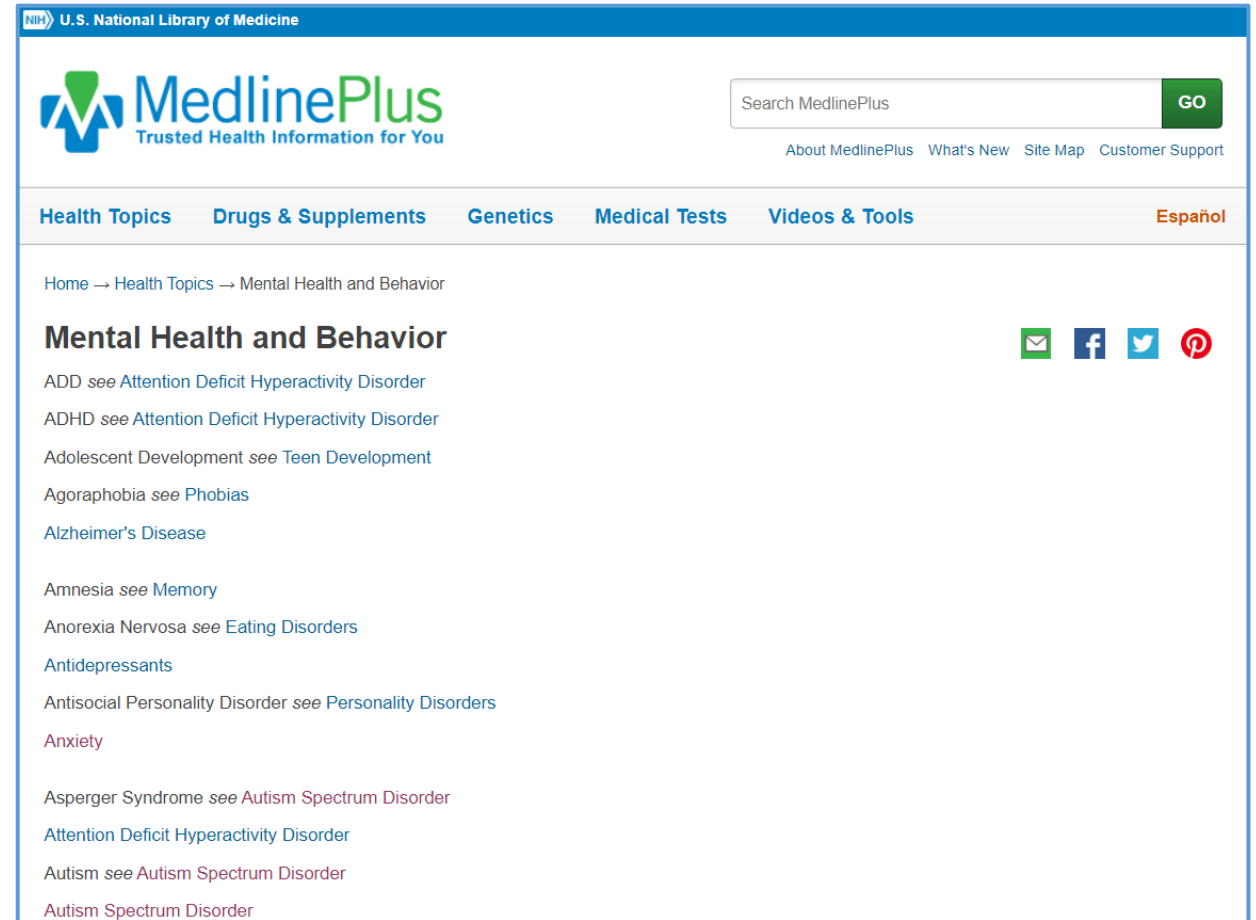
SAMHSA's National Helpline

1-800-662-HELP (4357)

[SAMHSA's National Helpline](https://www.samhsa.gov/national-helpline) provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

MedlinePlus – Mental Health

- Health Topics
- Medical encyclopedia
- Find providers and hospitals/facilities in the directories
- Find support groups in organizations section
- Medication information
- Supplements and interactions



MedlinePlus – Health Topics

Child Mental Health

On this page

Basics

- [Summary](#)
- [Start Here](#)
- [Diagnosis and Tests](#)
- [Learn More](#)
- [Treatments and Therapies](#)

Learn More

- [Related Issues](#)
- [Specifics](#)

See, Play and Learn

- No links available

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
- [Patient Handouts](#)



MedlinePlus – Multilingual Resources


MedlinePlus 25 YEARS of health information

Search MedlinePlus

Health Topics Drugs & Supplements Genetics Medical Tests Medical Encyclopedia Español

Welcome to MedlinePlus

MedlinePlus is an online health information resource for patients and their families and friends. It is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). [Learn more about MedlinePlus](#)





FEATURED TOPIC


Flu


The flu can cause serious illness in people over 65, babies, and people with certain chronic illnesses. The best way to prevent the flu is to get a vaccine.


[Learn more](#)


**Health Topics**
Find information on health, wellness, disorders and conditions


**Medical Encyclopedia**
Articles and images for diseases, symptoms, tests, treatments


**Genetics**
Explore genetic conditions, genes, and how genetic variations affect health


**Drugs & Supplements**
Prescription drugs, over-the-counter medicines, herbs, and supplements


**Medical Tests**
Learn why your doctor orders medical tests and what the results may mean


**Healthy Recipes**
These recipes show you how to prepare tasty, quick meals as part of a healthy lifestyle


**Easy-to-Read Health Information**

**Health Information in Multiple Languages**

**MedlinePlus Connect for EHRs**

**All of Us**

**NIH MedlinePlus Magazine**

**Clinical Trials**

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NLM Web Policies Copyright Accessibility Guidelines for Links Viewers & Players NIH Vulnerability Disclosure MedlinePlus Connect for EHRs For Developers
National Library of Medicine 3000 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health, FOIA USA.gov
URL for this page: <https://medlineplus.gov>

Health Topics Drugs & Supplements Genetics Medical Tests Videos & Tools

Home → Multiple Languages → All Health Topics → Depression

Other topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ List of All Topics

Depression - Multiple Languages

Arabic (العربية)

Japanese (日本語)

Russian (Русский)

Chinese, Simplified (Mandarin dialect) (简体中文)

Korean (한국어)

Somali (Af-Soomaali)

Chinese, Traditional (Cantonese dialect) (繁體中文)

Nepali (नेपाली)

Spanish (español)

Portuguese (português)

Vietnamese (Tiếng Việt)

French (français)

Hindi (हिन्दी)



Arabic (العربية)

- Feeling Sad - (Arabic) العربية Bilingual PDF
Health Information Translations

Chinese, Simplified (Mandarin dialect) (简体中文)

- Feeling Sad - 简体中文 (Chinese, Simplified (Mandarin dialect)) Bilingual PDF
Health Information Translations

Chinese, Traditional (Cantonese dialect) (繁體中文)

- Feeling Sad - 繁體中文 (Chinese, Traditional (Cantonese dialect)) Bilingual PDF
Health Information Translations

الشعور بالحزن

Feeling Sad

Feeling sad or unhappy is normal when something goes wrong. These feelings often go away with time and you feel better.

When these feelings occur each day and last for more than 2 weeks, get in the way of your ability to go to school or work, or affect your self-esteem, then it is important to get help.

الشعور بالحزن أو التعب أمر طبيعي عند حدوث مشكلة أو خطأ ما. وغالبًا ما تزول هذه المشاعر بمرور الوقت ويعود الشعور بالتحسن.

ولكن عندما تحدث هذه المشاعر كل يوم وتستمر لأكثر من أسبوعين، أو تصل لدرجة تعيق قدرتك على الذهاب إلى المدرسة أو العمل، أو إذا أثرت على احترامك لذاتك، فمن المهم أن تحصل على المساعدة.

الأعراض

استخدم هذه القائمة لتمييز أي علامات ظهرت لديك لمدة أسبوعين أو أكثر:

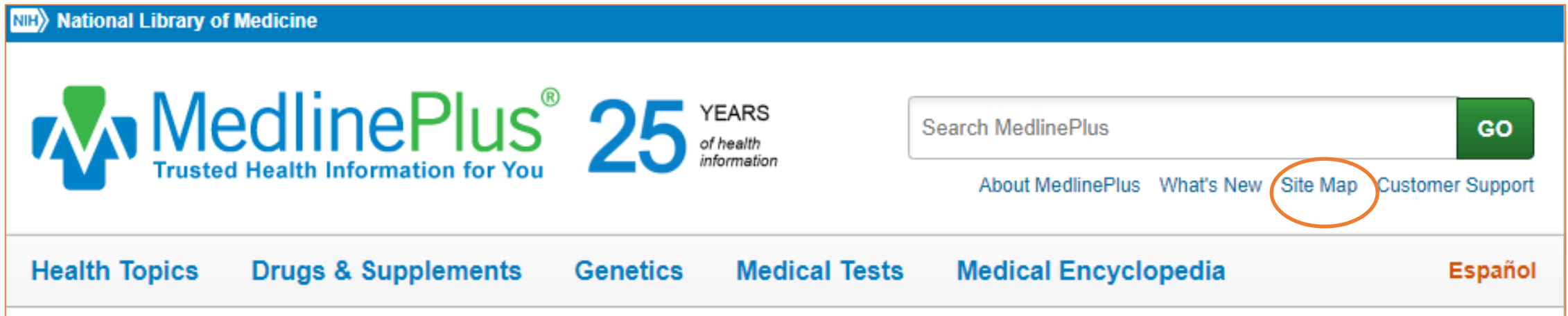
Signs

Use this list to mark any signs that you have had for 2 weeks or more:

- ☐ Loss of interest and pleasure in activities you have enjoyed
- ☐ Feeling sad, irritable, empty or down in the dumps
- ☐ Spending a lot of time alone
- ☐ Restless, not able to sit still or feeling

- ☐ فقدان الاهتمام بالاشياء التي اعتدت على الاستمتاع بها
- ☐ الشعور بالحزن وسرعة الانفعال أو الفراغ أو الاكتئاب
- ☐ قضاء الكثير من الوقت بمفردك
- ☐ التملل، وعدم القدرة على الجلوس للعمل أو

MedlinePlus – Services



Directories – Find doctors, dentists and hospitals

Libraries – Consumer health libraries providing services to local residents

Organizations – A list of organizations and agencies whose materials appear on MedlinePlus health topic pages

<https://medlineplus.gov/directories/>

MedlinePlus – Medication Information

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:


A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9



Sample MedlinePlus Medication Entry

An official website of the United States government [Here's how you know](#) ▼

NIH National Library of Medicine

 **MedlinePlus** Trusted Health Information for You **25** YEARS of health information

Search MedlinePlus






[About MedlinePlus](#) [What's New](#) [Site Map](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Genetics](#) [Medical Tests](#) [Medical Encyclopedia](#) [Español](#)

Home → [Drugs, Herbs and Supplements](#) → Atomoxetine

Atomoxetine

pronounced as (at' oh mox e teen)

Why is this medication prescribed?	What side effects can this medication cause?
How should this medicine be used?	What should I know about storage and disposal of this medication?
Other uses for this medicine	In case of emergency/overdose
What special precautions should I follow?	What other information should I know?
What special dietary instructions should I follow?	Brand names
What should I do if I forget a dose?	

FDA Warning

IMPORTANT WARNING:

Studies have shown that children and teenagers with attention-deficit hyperactivity disorder (ADHD; more difficulty focusing, controlling actions, and remaining still or quiet than other people who are the same age) who take atomoxetine are more likely to think about killing themselves than children and teenagers with ADHD who do not take atomoxetine.

While your child is taking atomoxetine, you should watch his or her behavior very carefully, especially at the beginning of treatment and any time his or her dose is increased or decreased. Your child may develop serious symptoms very suddenly, so it is important to pay attention to his or her behavior every day. Ask other people who spend a lot of time with your child, such as brothers, sisters, and teachers to tell you if they notice changes in your child's behavior. Call your child's doctor right away if your child experiences any of these symptoms: acting more subdued or withdrawn than usual; feeling helpless, hopeless, or worthless; new or worsening depression; thinking or talking about harming or killing him- or herself or planning or trying to do so; extreme worry; agitation; panic attacks; difficulty falling asleep or staying asleep; irritability; aggressive or violent behavior; acting without thinking; extreme increase in activity or talking; frenzied, abnormal excitement; or any other sudden or unusual changes in behavior.

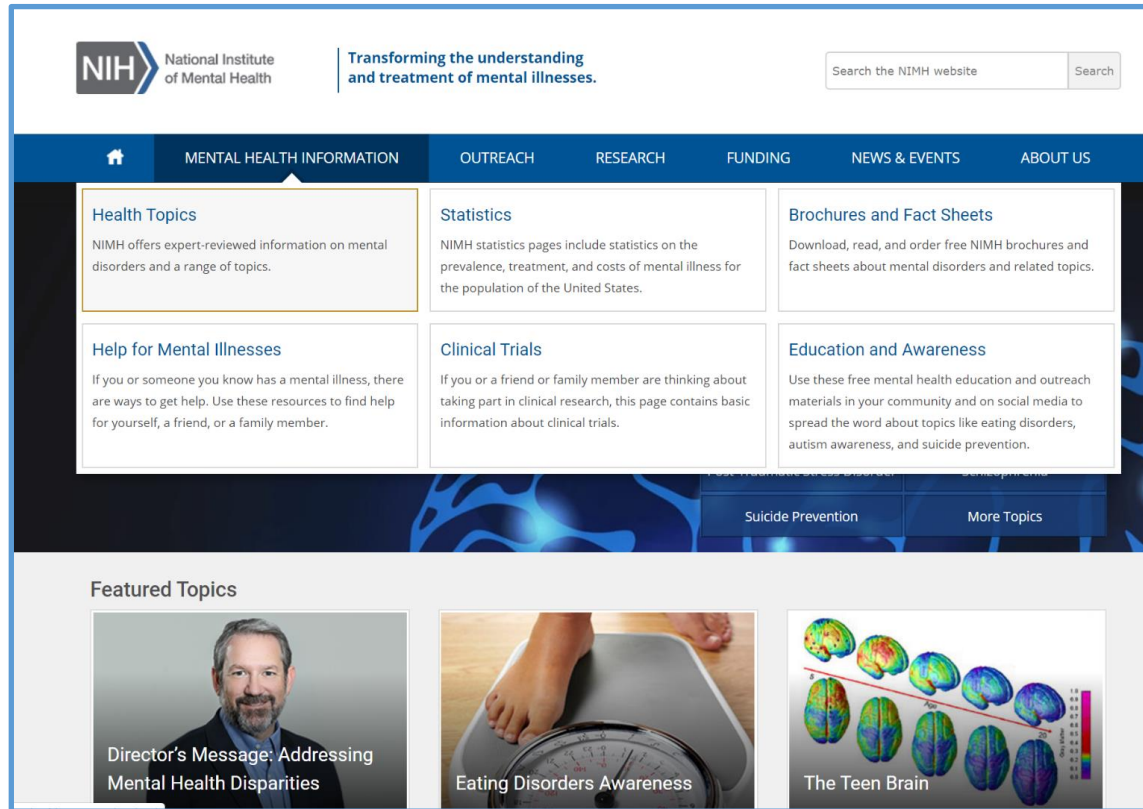
Your child's doctor will want to see your child often while he or she is taking atomoxetine, especially at the beginning of his or her treatment. Your child's doctor may also want to speak with you or your child by telephone from time to time. Be sure that your child keeps all appointments for office visits or telephone conversations with his or her doctor.

Your doctor or pharmacist will give you the manufacturer's patient information sheet (Medication Guide) when you begin treatment with atomoxetine and each time you refill your prescription. Read the information carefully and ask your doctor or pharmacist if you have any questions. You can also visit the Food and Drug Administration (FDA) website (<https://www.fda.gov/Drugs>) or the manufacturer's website to obtain the Medication Guide.

Talk to your doctor about the risks of giving atomoxetine to your child, of using other treatments for your child's condition, and of not treating your child's condition.

Link to Medication Guides - <https://dps.fda.gov/medguide>

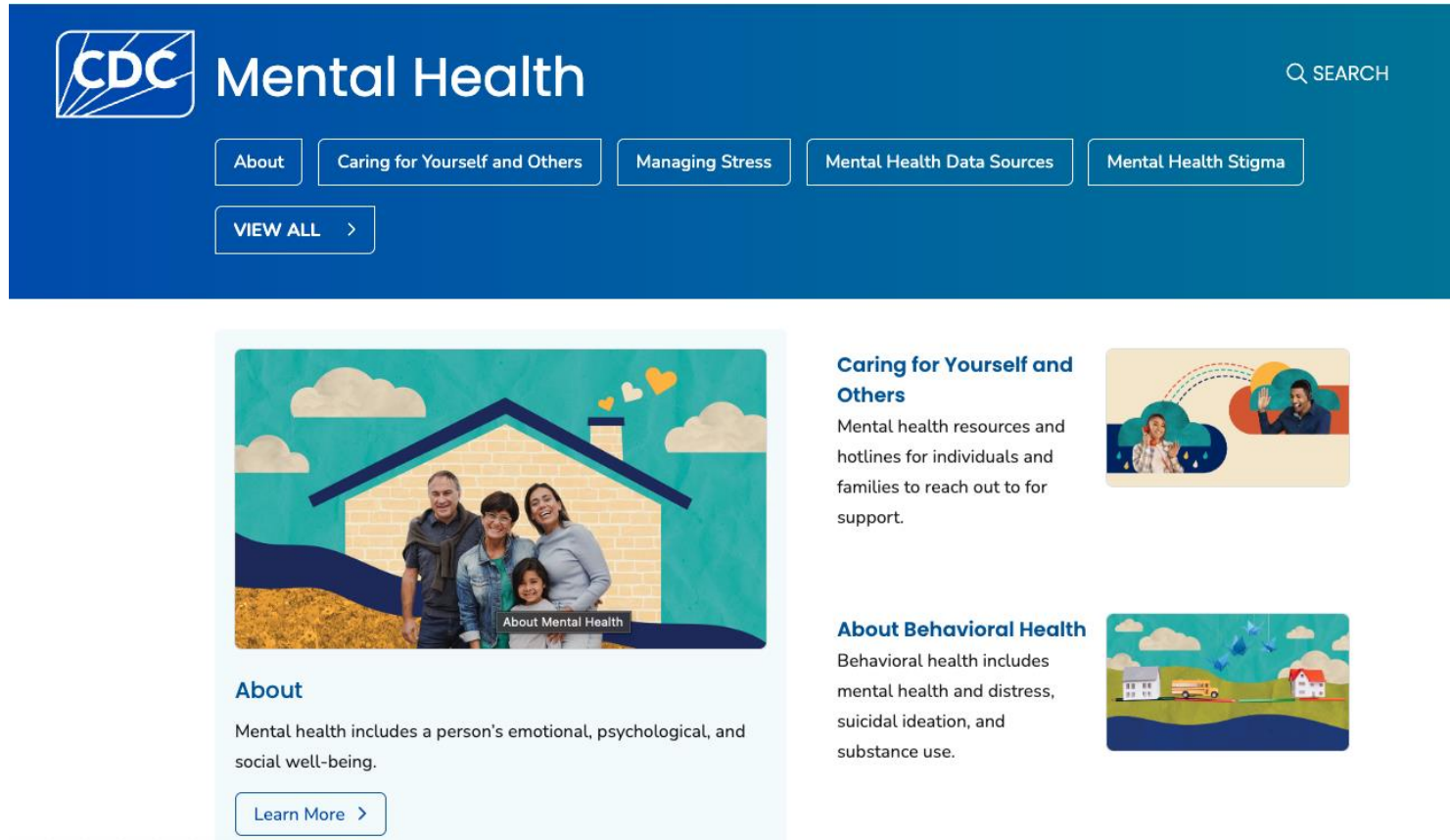
National Institute of Mental Health



- Health information
- Resources to find help
- Free education and outreach materials
- Free webinars, social media, events

Link to NIMH - <https://www.nimh.nih.gov/>

CDC Mental Health



- Tools and resources
 - For professionals
 - For the public
- Quiz
- Help information
- Data

Substance Abuse and Mental Health Services Administration (SAMHSA)



Get Help

[FindTreatment.gov](https://www.findtreatment.gov)

Millions of Americans have mental and substance use disorders.

Find treatment near you

[988 Suicide & Crisis Lifeline](https://www.988lifeline.org)

If you or someone you know is struggling or in crisis, help is available.

Call or text 988

[Disaster Distress Helpline](https://www.samhsa.gov/disaster-distress-helpline)

24/7 crisis counseling for emotional distress related to a disaster.

1-800-985-5990

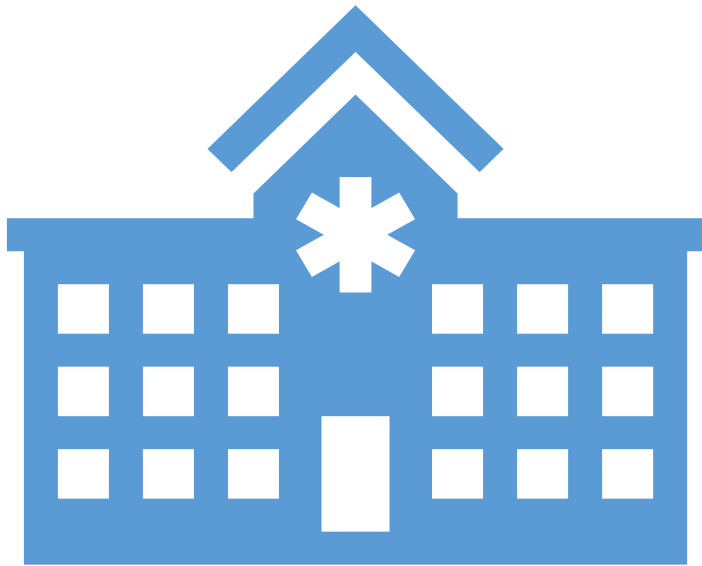
[National Helpline](https://www.samhsa.gov/national-helpline)

Free, confidential, 24/7, 365-day-a-year treatment referral and information service.

1-800-662-HELP (4357)

Link to SAMHSA - <https://www.samhsa.gov/>

Programs and Services



Mental Health Facts

Health Information Resources

Programs and Services

- NLM Exhibition Program
- Mental Health Awareness
- Service and Program ideas

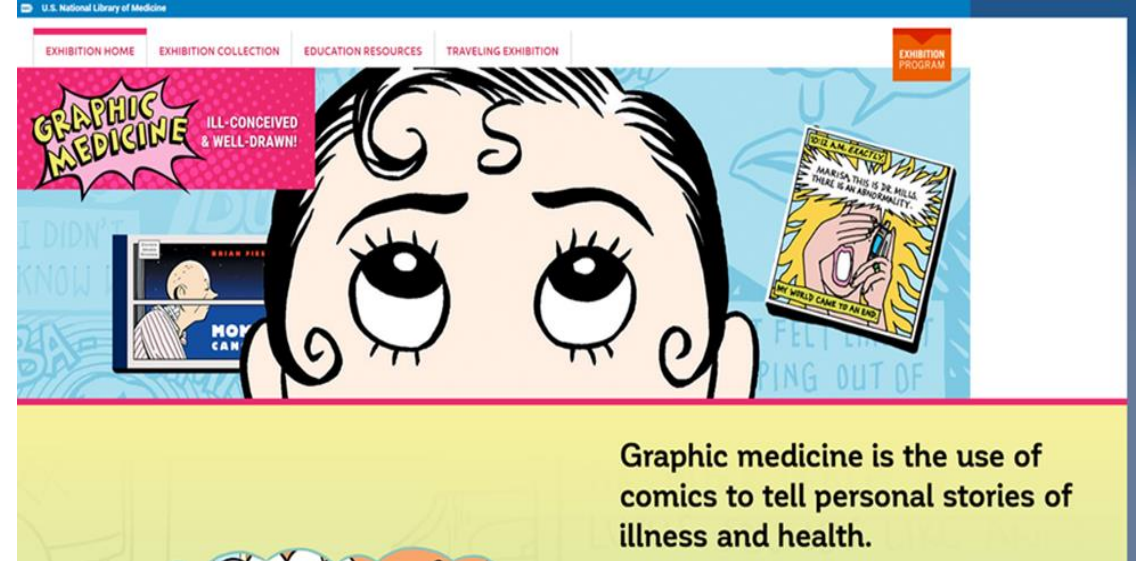
NLM Traveling Exhibitions



Graphic Medicine



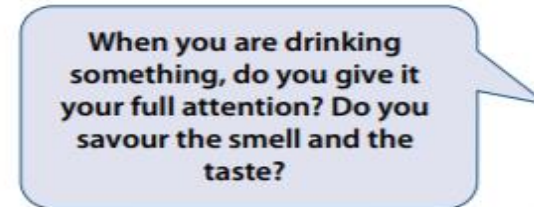
<https://www.graphicmedicine.org/>



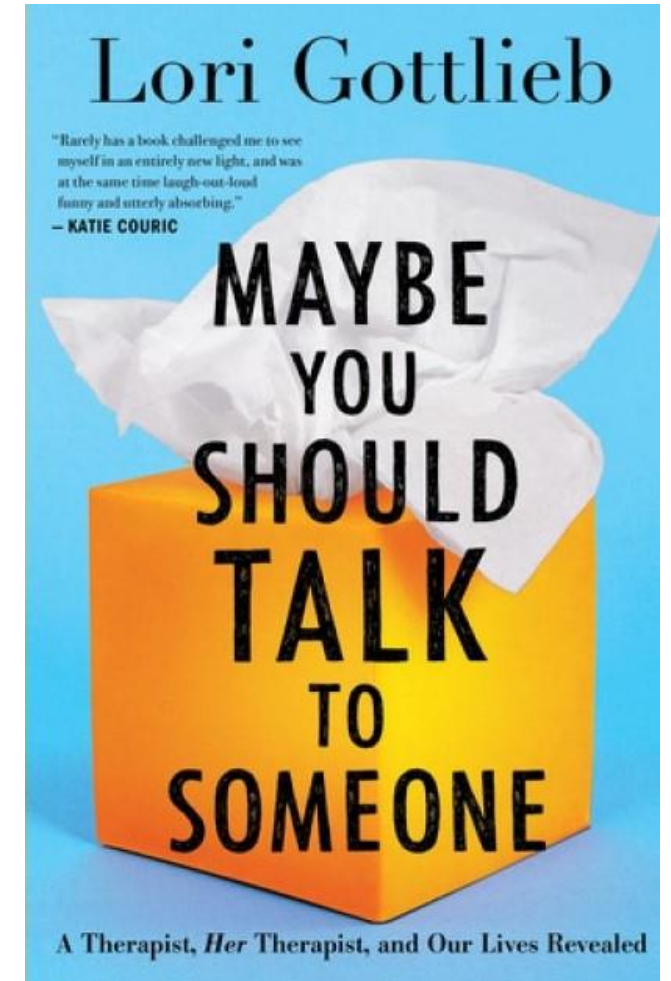
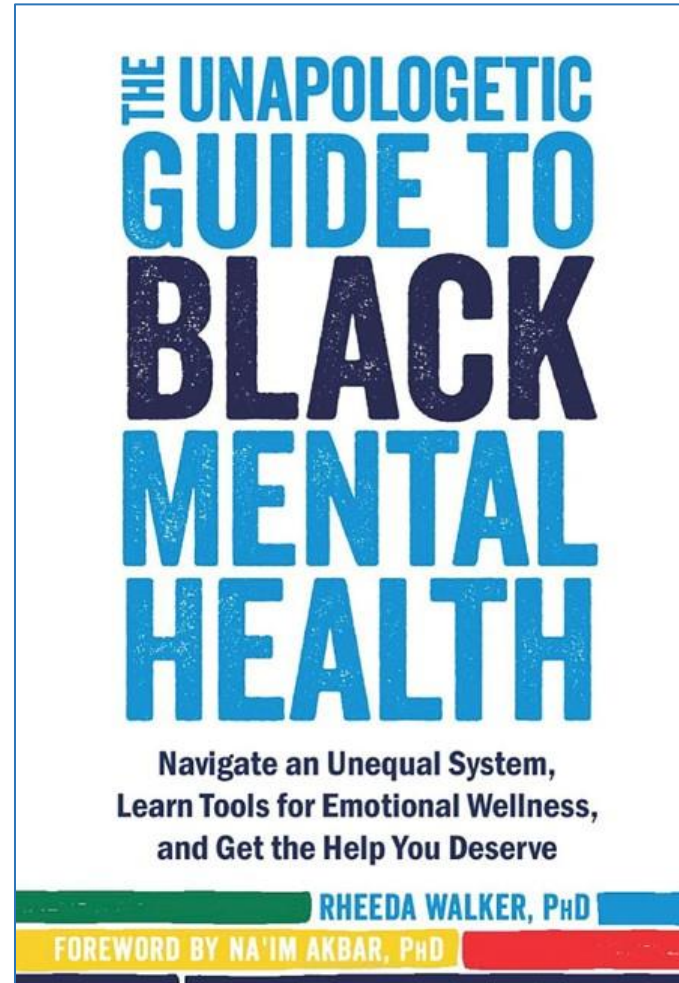
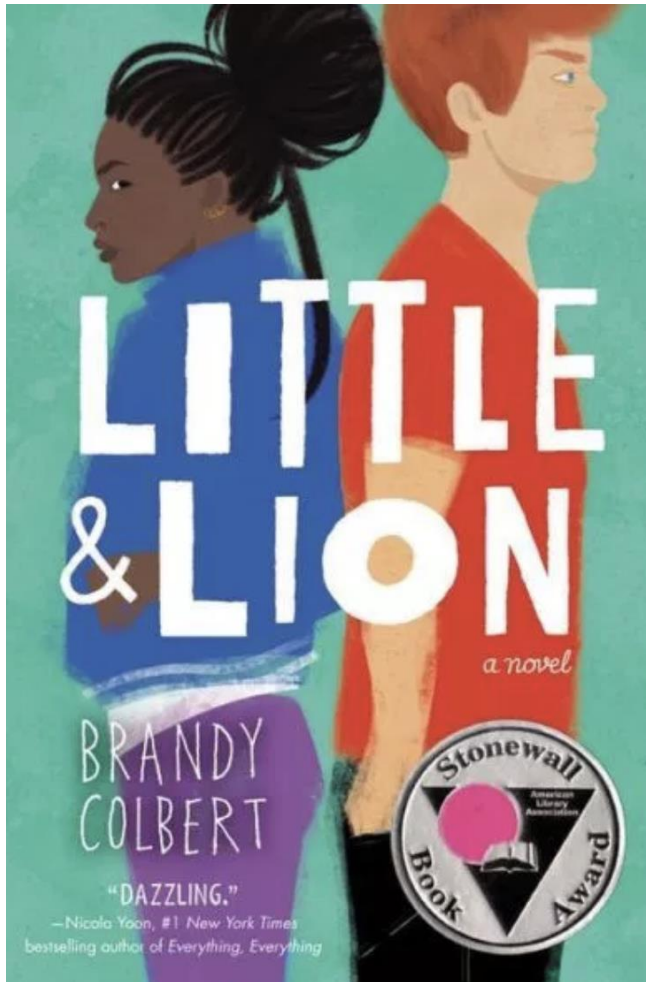
<https://www.nnlm.gov/FdMPF>

WHO Illustrated Guide

Doing What Matters in Times of Stress: An Illustrated Guide



Book Club Discussions



Stop Stigma Campaigns

Let others know that there is hope and understanding. You can change the way the world sees mental health.

stigmafree

stop
the
stigma.

Tackling the Stigma of Addiction through Education

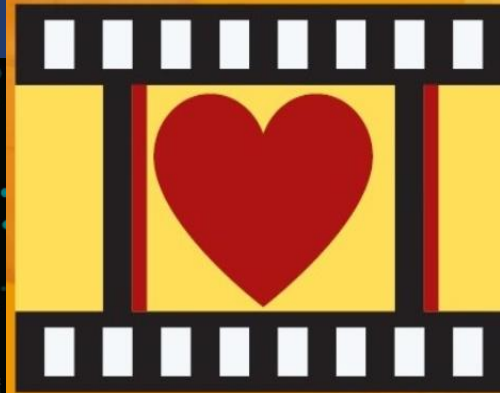


CHRIS & VICKY CORNELL
FOUNDATION



ADDICTION
POLICY FORUM

STAMP
OUT
STIGMA



ANTI-STIGMA
PROJECT

Help to stop the stigma on our campus by contributing to our anti-stigma project! Let's spread the word that everyone's mental health matters and that we are a campus that cares!



National Library of Medicine
Network of the National Library of Medicine

Programming Librarian from ALA

PROGRAMMING
Librarian
ALA AmericanLibraryAssociation

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Questions & Evaluation



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