



# Caring for the Mind: Tools & Resources for Mental Health

Michelle Eberle

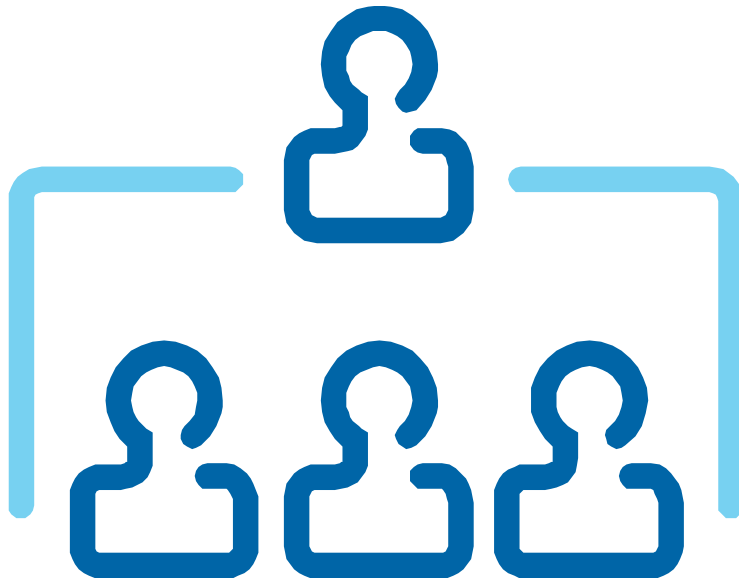
NN/LM New England Region

[michelle.eberle@umassmed.edu](mailto:michelle.eberle@umassmed.edu)

# Objectives

- 1) Increase awareness of mental health issues
- 2) Learn tools to improve your mental health
- 2) Be informed of resources for mental health information

# Prevalence



- 1 in 4 adults suffer from a diagnosable mental disorder in a given year.
- 4 of the 10 leading causes of disability in the US are mental disorders

Source: NIMH, The Numbers Count  
<http://nimh.nih.gov/publicat/numbers.cfm>

# Definitions

Can you separate mental disorders from physical disorders?

Need for a more accurate term that represents the **body/mind connection**  
(DSM IV – TR)



**Mental health** = Applies to everyone!

**Mental health problems**

Signs and symptoms of insufficient intensity and duration to meet criteria for a mental health disorder (DHHS)

**Mental disorders**

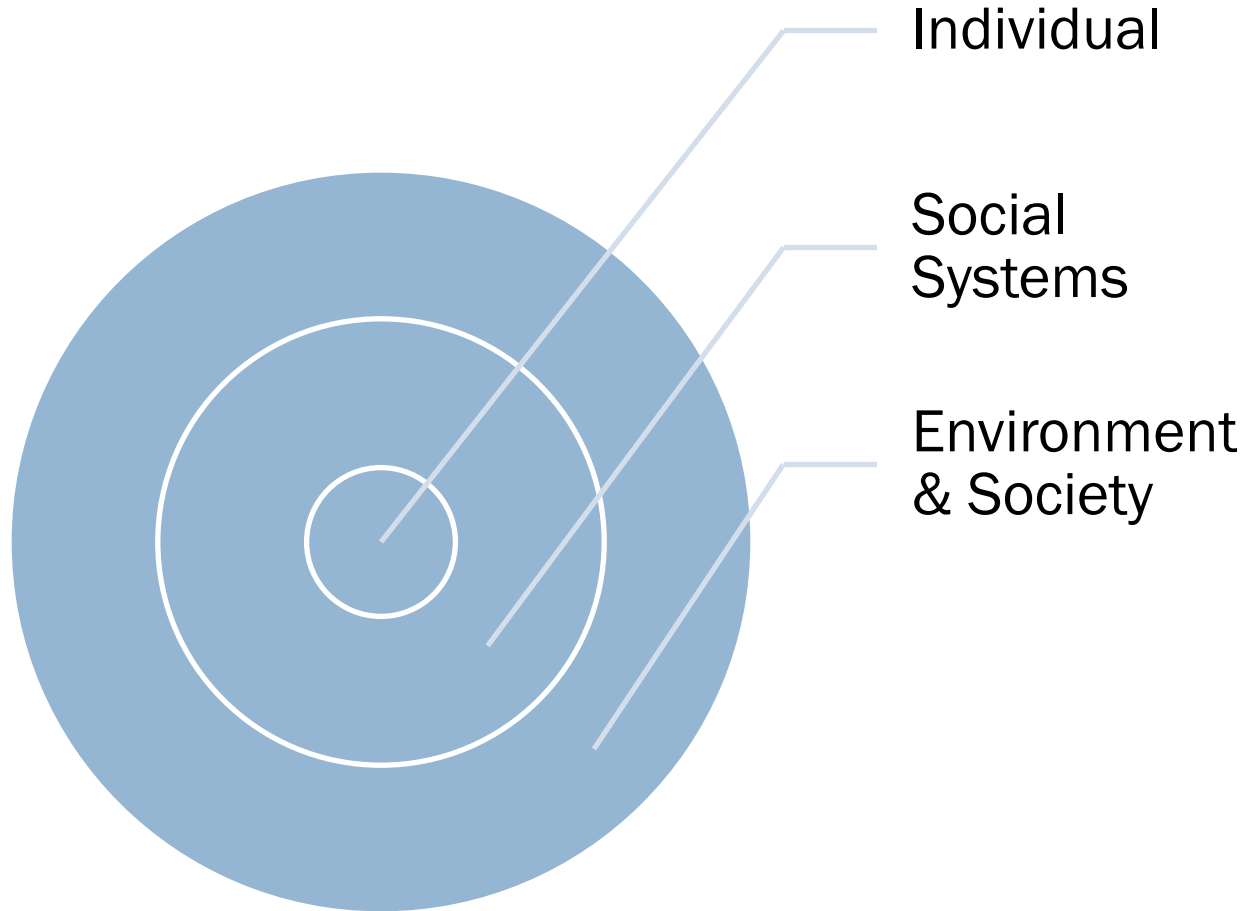
Characterized by abnormalities in cognition, emotion or mood or the highest integrative of behavior such as social interaction or planning future activities (DHHS)

**Mental illness**

Medical term applied to specific diagnosed conditions from the DSM IV TR

# Systems theory

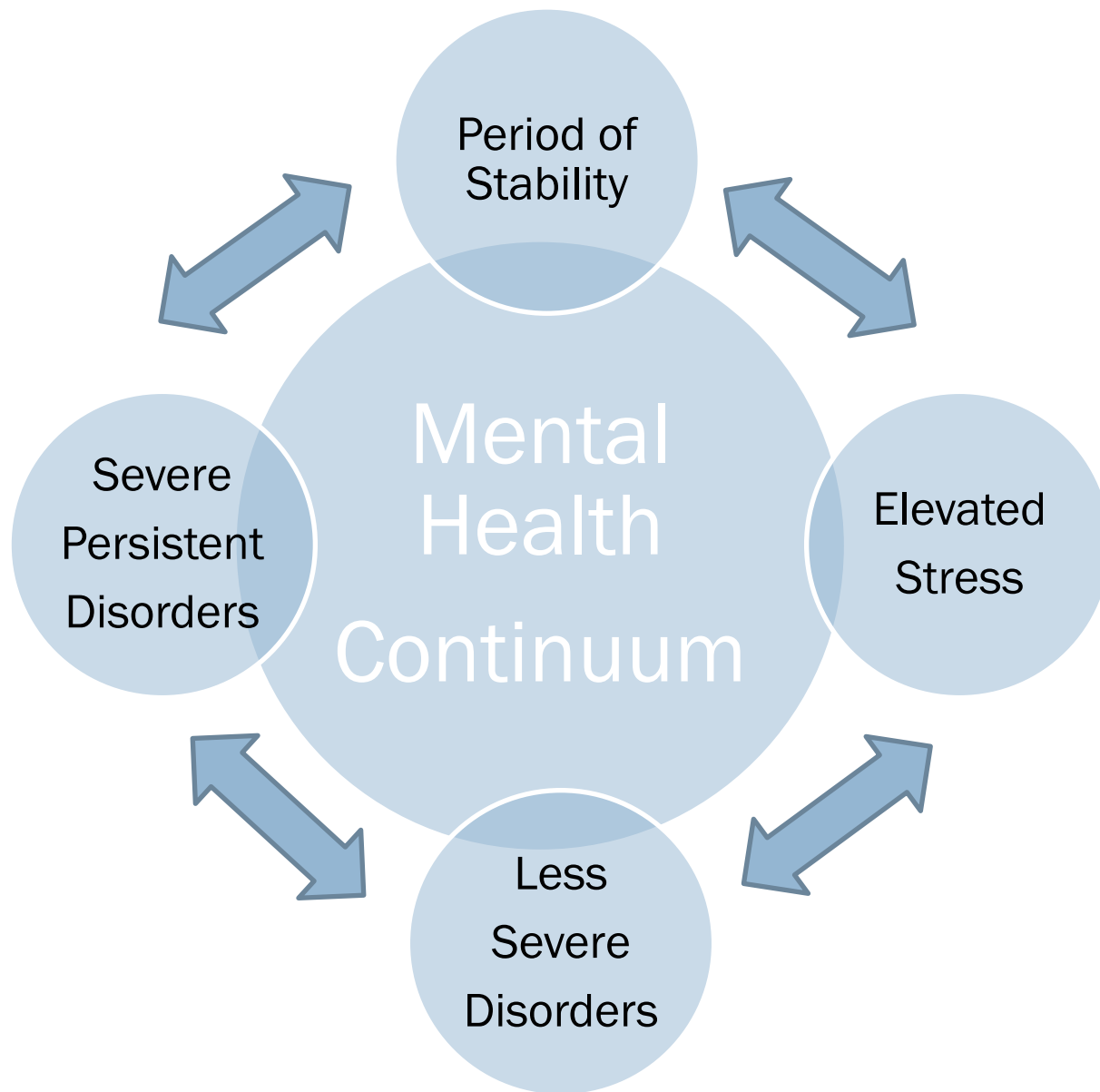
dynamic relationship between parts and the whole



# Factors

- Physical
- Social
- Financial
- Environmental
- Sexual
- Spiritual
- Emotional
- Intellectual
- Occupational





Source: University of North Carolina, Greensboro, Mental Health Literacy. <http://www.uncg.edu/shs/fhf/literacy>



# Stigma

- Misconceptions portrayed by news & media
- Inaccurate linking of mental illness and violent behavior
- Prompts subtle and overt prejudice, discrimination, fear, and stereotyping
- Results in avoidance to work, socialize, and live with persons with mental illness
- Impedes persons with mental illness to seek help

Sources: NAMI and Mental Health America

# “People with mental illness enrich our lives” [NAMI]

- Abraham Lincoln
- Virginia Woolf
- Ludwig van Beethoven
- Robert Schumann
- Leo Tolstoy
- Tennessee Williams
- Vincent Van Gogh
- Isaac Newton
- Ernest Hemingway
- Sylvia Plath
- Michelangelo
- Winston Churchill
- Vivian Lee
- Patty Duke
- Charles Dickens
- Diane Sawyer

# Expressions

Avoid expressions like:

“a schizophrenic or an alcoholic”

In favor of:

“a person with schizophrenia” or

“an individual with alcohol dependence”

# Mental Health Literacy

Knowledge, beliefs and abilities that lead to the recognition, management and prevention of mental health problems.

## Benefits:

Prevention, early recognition & intervention, reducing stigma

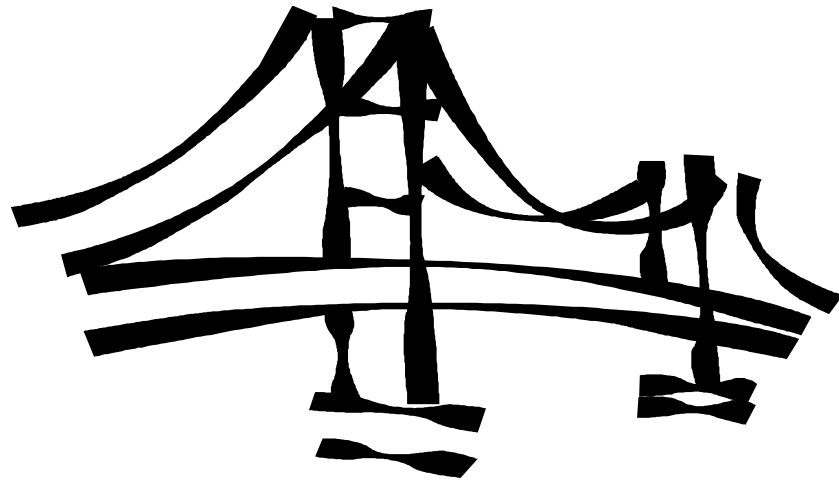
Source: Canadian Alliance on Mental Health and Illness,

[http://www.camimh.ca/mental\\_health\\_literacy.html](http://www.camimh.ca/mental_health_literacy.html)

# Why is health literacy important?

Essential life skill

It is the bridge between knowledge and behavior.



# Mental health information seeking

- 21 % of internet users have searched for information on depression, anxiety, stress or mental health issues
- 8<sup>th</sup> most commonly searched health topic

Source – Pew Internet, 2006

# CULTIVATING MENTAL HEALTH





Information provided today is not a substitute for care of a health professional. If you are in need of mental health care, please consult your doctor.





# Rethinking Happiness

## Positive strategies to help us build resilience and lead fuller, happier lives

- Altruism
- Connecting with Others
- Creativity and Flow
- Happiness
- Forgiveness
- Humor
- Meditation
- Resilience

This Emotional Life, PBS

<http://www.pbs.org/thisemotionallife/topics>



## The Road To Resilience

What is it?

How can we cultivate it?

American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

# 10 ways to build resilience

- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Move towards your goals
- Take decisive action
- Look for opportunities for self discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself

Source: APA, [The Road to Resilience](#)

# Four step approach

- 1) STOP
- 2) BREATHE
- 3) REFLECT
- 4) CHOOSE

Benson, Herbert. The Wellness Book.

# Tools



- Exercise + Nutrition
- Building social supports
- Reframing
- Therapy
- Simplifying
- Gratitude
- Medication

What helps you?

# Alternative treatment

- Yoga
- Meditation
- Mantrum instruction
- Supplements
- Acupuncture
- Deep breathing
- Massage
- Prayer
- Light therapy
- Reiki



# Keeping your emotional health

- Learn to express your feelings in healthy ways
- Think before you act
- Strive for balance in life
- Take care of your physical health



FamilyDoctor

<http://familydoctor.org/online/famdocen/home/articles/589.printerview.html>

# Work / Life Balance

## At work:

- Set manageable goals each day
- Be efficient with your time at work
- Ask for flexibility
- Take five
- Tune in
- Communicate effectively
- Give yourself a break

## At home:

- Turn off you mobile
- Divide and conquer
- Don't over commit
- Get support
- Take advantage of the EAP
- Stay active
- Treat your body right
- Get help if you need it.

## Source:

Mental Health America: Finding Your Balance: At Work and Home





# **RESOURCES YOU CAN TRUST**

- 1
- 2
- 3
- 4
- 5



## Do you or a loved one suffer from SAD?

See our Seasonal Affective Disorder (SAD) page to learn more

<http://medlineplus.gov>

→ Health Topics

→ Drugs & Supplements

→ Videos & Cool Tools



MEDICAL DICTIONARY

**GO**

### POPULAR SEARCHES

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Clinical Trials

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16  
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### Health News

[Death Rate from Heart Disease, Stroke Drops off over Decade](#)

[Food Poisoning Hits 1 in 6 Americans Each Year. CDC](#)

[Tainted Products Marketed as Dietary Supplements](#)

[more health news](#)



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Get the latest information on the health topics that matter to you most. Sign up for MedlinePlus email updates:

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# Mental Health Information on MedlinePlus.gov


- Start with the health topics
- For basic information, you can use the medical encyclopedia
- Find providers and hospitals/facilities in the directories
- Find support groups in organizations section
- Learn more about drug information
- Learn about supplements

<http://nimh.nih.gov>

NATIONAL INSTITUTES OF HEALTH

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**NIMH** National Institute of Mental Health  
Transforming the understanding and treatment of mental illness through research



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- [Director's Blog: Re-Thinking Classification of Mental Disorders](#)
- [NIMH Simplifies Funding Opportunity Announcements](#)
- [NIH Grant Submission Update: Major Changes for FY11 Applications](#)
- [NIH announces funding for research on the science of behavior change](#)
- [NIH announces the Basic Behavioral and Social Science Opportunity Network – OppNet](#)
- [Learn More About the NIMH-U.S. Army Study to Assess Risk and Resilience in Service members \(Army STARRS\)](#)
-  [Speaking of Science Vodcast](#)
- [Eating Disorders Awareness Week is February 21-27, 2010](#)
- [NIMH Joins in the Fight to End Stigma \(Bring Change 2 Mind\)](#)
- [Selected Job Opportunities at NIMH:](#)
  - [Director for the Division of Services and Interventions Research](#)
- [Don't Miss the Special 50th Anniversary NCDEU Meeting in 2010!](#)

#### Health & Outreach

- [Mental Health Topics](#)
- [Publications \(also en Español\)](#)
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#### Research Funding

- [Research Funding Homepage](#)
- [Grants](#)
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- [Small Business Research Programs](#)
- [Scientific Meetings](#)

#### Research Conducted at NIMH

- [Division of Intramural Research Programs \(DIRP\)](#)
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#### Director's Blog

##### Science News



[Diabetes and Depression Associated with Higher Risk for Major Complications](#)



[Children Carry Emotional Burden of AIDS Epidemic in China](#)



[Bundling HIV Prevention with Prenatal Care Reduces Risky Sex Behaviors Among At-risk Mothers](#)




[Teaching Teens About Abstinence May Delay Sexual Activity, Reduce Risk Behaviors](#)




[Genes and Circuitry, Not Just Clinical Observation, to Guide Classification for Research](#)


[More Science News...](#)


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# Information on NIMH

- Health information by age, and gender
- Information on treatment including medication, psychotherapies and brain stimulation
- Spanish information
- Clinical Trials
- You can order free copies of print patient handouts
- Videos show stories of persons coping with mental illness as well as scientist and doctors presenting on the latest research



National Alliance on Mental Illness



GIVE TO NAMI

BECOME A MEMBER

- Mental Illnesses
- Medications
- Support & Programs
- How You Can Help
- Find Your Local NAMI
- NAMIWalks
- Search  **GO**

- Inform Yourself
- Fight Stigma
- Grading the States
- Legislative Action Center
- Online Communities
- Newsroom
- NAMI Store
- Advocate Magazine
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- username:
- password:
- REGISTER** **SIGN IN**
- Forgot login info?

**State Advocacy 2010**

**NATIONAL CONVENTION dc 2010**

**register now**

**bring change 2mind.org**

**STAR CENTER**

<http://nami.org>

**NAMI FaithNet**

**National Alliance on Mental Illness**

**SPEAK TO THE "80 PERCENT"** Gunnar E. Christiansen, M.D., reflects on the importance of educating and engaging the 80 percent of people who are not directly affected by mental illness in faith communities.

1 2 3 4 5 6 7 8 9 << pause >>

**DONATE**

With your help, NAMI can continue its work as America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

**JOIN**

**Mental Illnesses**

Easy-to-understand information about mental illnesses, mental health care, diagnosis, treatment and recovery.

[Bipolar Disorder](#) | [Depression](#) | [PTSD](#) | [Borderline Personality Disorder](#) | [Eating Disorders](#) | [OCD](#) | [Schizophrenia](#) | [More...](#)

**NAMI Programs**

[NAMI's programs and services](#) for people whose lives have been affected by serious mental illness.

[NAMI Basics](#) | [Family-to-Family](#) | [In Our Own Voice](#) | [Peer-to-Peer](#) | [NAMI Connection](#) | [Hearts & Minds](#) | [Parents and Teachers as Allies](#) | [Provider Education](#)

**Support**

Find a support group, connect online in NAMI's discussion groups, contact your state or local NAMI and [more](#).

[Child/Teen](#) | [Discussion Groups](#) | [Multicultural](#) | [State/Local](#) | [Consumers](#) | [NAMI FaithNet](#) | [Missing Persons](#) | [Veterans](#) | [NAMI On Campus](#)

**NAMI Videos**

NAMI Executive Director Mike Fitzpatrick interviewed on Comcast Local Edition, the new NAMI.org, NAMI's new PSA and [more](#).

0:00 / 5:03

[more videos](#)

**Inform Yourself**

[Inform yourself](#) about medication, treatment, recovery, public policy, research, mental health care issues and more.

[Medication and Treatment](#) | [Policy Topics](#) | [Recovery](#) | [Medicare Part D](#) | [State Advocacy 2010](#) | [Public Policy](#) | [Research](#) | [Events](#)



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- Brochures

Contact the Psychology Help Center

HEALTH & WELLNESS

Developing new habits

These five strategies can help you make lifestyle changes that last

<http://helping.apa.org>



Coping with the Earthquakes

[Managing your distress about earthquakes from afar](#)  
For people with friends and family living in regions affected by an earthquake, watching the news coverage can be very distressing. Even for those without personal connections, the news coverage can be overwhelming. Tips to cope.

[Mindy/Body health: The effects of traumatic stress](#)  
What is a Traumatic Stress Reaction? What are the symptoms? How can you cope? When should you seek professional help?

About the Psychology Help Center

APA's Psychology Help Center is an online consumer resource featuring articles and information related to psychological issues affecting your daily physical and emotional well-being.

Mind/Body Health:  
Interactive

Click here to see how stress affects your body's physical health →



Help Center Interest Areas

**Work & School**  
Stress can affect workers and students. Learn how to cope with the pressures of every day life on the job and at school.

**Family & Relationships**  
Tips for building healthy relationships with kids, a spouse or other loved ones—and how to cope together when hard times arise.

**Health & Emotional Wellness**  
Our bodies and brains are connected. Learn how stress affects your physical health, and steps you can take to stay emotionally healthy.

**Disasters & Terrorism**  
Disasters are often unexpected, sudden, and overwhelming. Understanding common responses to these challenging events can help you cope.

**Managed Care & Health Insurance**  
Information on insurance issues pertaining to psychological services and the mental health parity law.

More information

<http://massgeneral.org/bhi>

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## BENSON-HENRY INSTITUTE FOR MIND BODY MEDICINE

Welcome to the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, a world leader in the study, advancement, and clinical practice of mind/body medicine.



### What's New

- Dr. Benson on ABC News - "Easy Ways to Take the Edge Off"
- WBZ-TV - "Laughter Yoga" Great for Mind and Body
- Lighten Up Program for Weight Loss - April 26 at MGH West in Waltham
- Tai Chi Class - Thursday, March 11

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<a href="#">Mind Body Basics</a>	>

On the Benson-Henry Institute web site, you can find help if you're experiencing the negative effects of stress; learn how to elicit the relaxation response; review courses for health professionals; and view our new line of relaxation CDs. Breathe deeply...exhale...and make the mind/body connection.

- PATIENTS**
- [Mind/Body Treatments and Services We Provide](#)
- HEALTHCARE PROFESSIONALS**
- [Mind/Body Trainings and Programs Offered](#)

**BENSON-HENRY INSTITUTE FOR MIND BODY MEDICINE**

151 Merrimac Street  
4th Floor  
Boston, MA 02114

**Phone:** 617-643-6090  
**Fax:** 617-643-6077  
**Email:** [mindbody@partners.org](mailto:mindbody@partners.org)



# Relaxation Response



Process:

Two steps:

1. Repetition of a word, sound, phrase, prayer or muscular activity
2. Passive disregard of everyday thoughts that inevitably come to mind and the return to your repetition.

For more information:

<http://mbmi.org>

<http://dirline.nlm.nih.gov>



United States  
**National Library of Medicine**  
National Institutes of Health

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## Directory of Health Organizations

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### Search DIRLINE

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Clear

(e.g. aging chronic diseases, scleroderma)

**Search:**  all of the words  any of the words  exact phrase

**Fields:** (if none checked, all fields will be searched.)

- Organization name or acronym  
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**Select records containing:**

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<http://healthhotlines.nlm.nih.gov>

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## Toll-Free Numbers from the National Library of Medicine

The National Library of Medicine is pleased to offer this online database of health-related organizations operating toll-free telephone services. The database also includes information on services and publications available in Spanish.

### Search Health Hotlines

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ClinicalTrials.gov is a registry of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals. [Read more...](#)

## ▶ [Search for Clinical Trials](#)

Find trials for a specific medical condition or other criteria in the ClinicalTrials.gov registry. ClinicalTrials.gov currently has **82,765 trials** with locations in **171 countries**.

## ▶ [Investigator Instructions](#)

Get instructions for clinical trial investigators/sponsors about how to register trials in ClinicalTrials.gov. Learn about mandatory registration and results reporting requirements and US Public Law 110-85 (FDAAA).

## ▶ [Background Information](#)

Learn about clinical trials and how to use ClinicalTrials.gov, or access other consumer health information from the US National Institutes of Health.

### Resources:

[Understanding Clinical Trials](#)

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This site complies to the [HONcode standard](#) for trustworthy health information: [verify here](#).

[Contact Help Desk](#)

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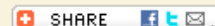


<http://mentalhealth.samhsa.gov>



*Prevention Works  
Treatment is Effective  
People Recover*

Text Size: [S](#) [M](#) [L](#)



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**Leading Change: A Plan for SAMHSA's Roles and Actions 2011 - 2014**  
Read the document and learn more about SAMHSA's Strategic Initiatives.

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Strategic Initiatives

### Find Help

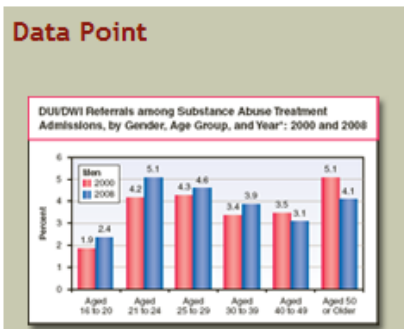


You can also find treatment services near you by calling our 24-Hour Helpline at **1-800-662-HELP (4357)**

<b>Prevention of Substance Abuse &amp; Mental Illness</b>	<b>Trauma &amp; Justice</b>
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<b>Health IT</b>	<b>Public Awareness &amp; Support</b>
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- [» Spending on behavioral health is shrinking](#)

### Winner: What a Difference a Friend Makes Contest

**Always Be There**



<http://nmha.org>



**Mental Health Headlines**

Heart-failure patients with depressive symptoms that worsen over time have an increased risk of cardiovascular hospitalization or death...



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Visit Mental Health America's exciting new online program, [Live Your Life Well](#), designed to help you cope better with stress and create more of the life you want.

Maybe you're holding down two jobs or can't find work. Maybe you're the parents of young children or the children of aging parents. Maybe you face a rush of daily demands or one potentially life-changing challenge. Whatever your situation, [we are here to help.](#)

## WELCOME

With over a century of advocacy, public education, and the delivery of programs and services, Mental Health America is the country's leading nonprofit dedicated to helping all people live mentally healthier lives.



### The tragedy in Arizona

mental health america responds



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<http://druginfo.nlm.nih.gov>

## Drug Information Portal

Quick Access to Quality Drug Information



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By Name  By Category **NEW!**

- ▶ Show examples. **NEW!**
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<http://dailymed.nlm.nih.gov>

[Skip to content](#) | [Skip to Drug Search](#)



**Daily Med**  
Current Medication Information

DailyMed provides high quality information about marketed drugs.

Drug labeling on this Web site is the most recent submitted to the Food and Drug Administration (FDA) and currently in use; it may include, for example, strengthened warnings undergoing FDA review or minor editorial changes. These labels have been reformatted to make them easier to read.

#### Options

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#### Additional Resources

- [Report Adverse Event](#)
- [SPL Format Previewer for Label Authors](#)
- [Product Identification System](#)

At the present time this Web site does not contain a complete listing of labels for approved prescription drugs. Currently this Web site contains **5824** approved prescription drugs.



Search By Drug Name:  [GO](#)

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### About DailyMed

DailyMed provides high quality information about marketed drugs. This information includes FDA approved labels (package inserts). This Web site provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts. The National Library of Medicine (NLM) provides this as a public service and does not accept advertisements.

Other information about prescription drugs may also be available. NLM regularly processes data files uploaded from FDA's system and provides and maintains this Web site for the public to use in accessing the information. Additional information about medicines is available on NLM's MedlinePlus Web site <http://www.nlm.nih.gov/medlineplus/medicines.html>.



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National Institutes of Health, Health & Human Services



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9/21/2011



# LactMed

<http://toxnet.nlm.nih.gov>

- Free online database with information on drugs and lactation
  - ✓ Over 500 drugs
  - ✓ Data mined from scientific literature
  - ✓ Fully referenced
  - ✓ Links to PubMed citations
  - ✓ Breastfeeding links



<http://dietarysupplements.nlm.nih.gov>



United States  
National Library  
of Medicine

## Dietary Supplements Labels Database

*brands, ingredients, and references*

Search

[Advanced Search](#)

[Home](#) | [About](#) | [FAQ](#) | [Glossary](#) | [Recalls](#) | [Related Resources](#) | [Contact](#) | [Help](#)

### Products

- ▶ All Products
- ▶ Men
- ▶ Women
- ▶ Seniors
- ▶ Kids/Teens

### Active Ingredients

- ▶ All Ingredients
- ▶ Vitamins
- ▶ Minerals
- ▶ Herbs/Plants
- ▶ Amino Acids
- ▶ Enzymes
- ▶ Specialty

### Manufacturers

- ▶ All Manufacturers

The Dietary Supplements Labels Database offers information about label ingredients in more than 5,000 selected brands of dietary supplements. It enables users to compare label ingredients in different brands. Information is also provided on the "structure/function" claims made by manufacturers. *These claims by manufacturers have not been evaluated by the Food and Drug Administration. Companies may not market as dietary supplements any products that are intended to diagnose, treat, cure or prevent any disease.*

Ingredients of dietary supplements in this database are linked to other National Library of Medicine databases such as [MedlinePlus®](#) and [PubMed®](#) to allow users to understand the characteristics of ingredients and view the results of research pertaining to them, including the following characteristics:

- Uses in humans
- Adverse effects
- Mechanism of action

The Database can be searched by brand names, uses noted on product labels, specific active ingredients, and manufacturers.

[Recalls](#) from the U.S. Food and Drug Administration (FDA) and [enforcement actions](#) from the Federal Trade Commission (FTC) related to specific ingredients and supplement brands have also been provided.



# Mental health blogs

**Blogs.com lists top ten mental health blogs**

<http://www.blogs.com/topten/top-10-mental-health-blogs/>

Many persons with mental illness are finding comfort and community in blogging and reading about their experience and knowledge of coping with chronic disease.

Among these include:

Finding Optimism

<http://findingoptimism.com>

Storied Mind

<http://storiedmind.com>

Postpartum Progress

<http://www.postpartumprogress.typepad.com/>

Please keep in mind as with any web resources, use your ABCs of evaluation:

Look at the **accuracy, authority, bias, currency, coverage and user-friendliness** of each site. A critical analysis of health information is necessary.

<http://pubmed.gov>

20 million citations from the biomedical literature

NCBI Resources How To

My NCBI Sign In

**PubMed.gov**  
U.S. National Library of Medicine  
National Institutes of Health

Search: PubMed

Limits Advanced search Help

Search

Clear



## PubMed

PubMed comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.


### Using PubMed

[PubMed Quick Start Guide](#)

[Full Text Articles](#)

[PubMed FAQs](#)

[PubMed Tutorials](#)

[New and Noteworthy](#) 

### PubMed Tools

[Single Citation Matcher](#)

[Batch Citation Matcher](#)

[Clinical Queries](#)

[Topic-Specific Queries](#)

### More Resources

[MeSH Database](#)

[Journals in NCBI Databases](#)

[Clinical Trials](#)

[E-Utilities](#)

[LinkOut](#)



Results Summary: **1109** records found

[\[ Bookmark this Search \]](#)

Bibliographic Resources 	Consumer Health Resources 	Other Information Resources 
<p><b>975</b> <a href="#">MEDLINE/PubMed</a> - journal citations, abstracts</p> <p><b>43</b> <a href="#">NLM Catalog</a> - books, AVs, serials</p> <p><b>35</b> <a href="#">Bookshelf</a> - full text biomedical books</p> <p><b>16</b> <a href="#">TOXLINE Subset</a> - toxicology citations</p> <p><b>3</b> <a href="#">DART</a> - Developmental and Reproductive Toxicology</p> <p><b>8</b> <a href="#">Meeting Abstracts</a></p>	<p><b>8</b> <a href="#">MedlinePlus</a> - Health Topics</p> <p><b>0</b> <a href="#">MedlinePlus</a> - Drug Information</p> <p><b>2</b> <a href="#">MedlinePlus</a> - Medical Encyclopedia</p> <p><b>3</b> <a href="#">MedlinePlus</a> - Current Health News</p> <p><b>3</b> <a href="#">MedlinePlus</a> - Other Resources</p> <p><b>6</b> <a href="#">ClinicalTrials.gov</a></p> <p><b>4</b> <a href="#">DIRLINE</a> - Directory of Health Organizations</p> <p><b>0</b> <a href="#">Genetics Home Reference</a></p> <p><b>0</b> <a href="#">Household Products Database</a></p>	<p><b>0</b> <a href="#">Images from the History of Medicine</a></p> <p><b>3</b> <a href="#">HSRProj</a> - Health Services Research Projects</p> <p><b>0</b> <a href="#">OMIM</a> - Online Mendelian Inheritance in Man</p> <p><b>0</b> <a href="#">HSDB</a> - Hazardous Substances Data Bank</p> <p><b>0</b> <a href="#">IRIS</a> - Integrated Risk Information System</p> <p><b>0</b> <a href="#">ITER</a> - International Toxicity Estimates for Risk</p> <p><b>0</b> <a href="#">GENE-TOX</a> - Genetic Toxicology (Mutagenicity)</p> <p><b>0</b> <a href="#">CCRIS</a> - Chemical Carcinogenesis Research Information System</p> <p><b>0</b> <a href="#">Profiles in Science</a></p>

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<http://gateway.nlm.nih.gov>

Portal to search many NLM resources

For the new searcher

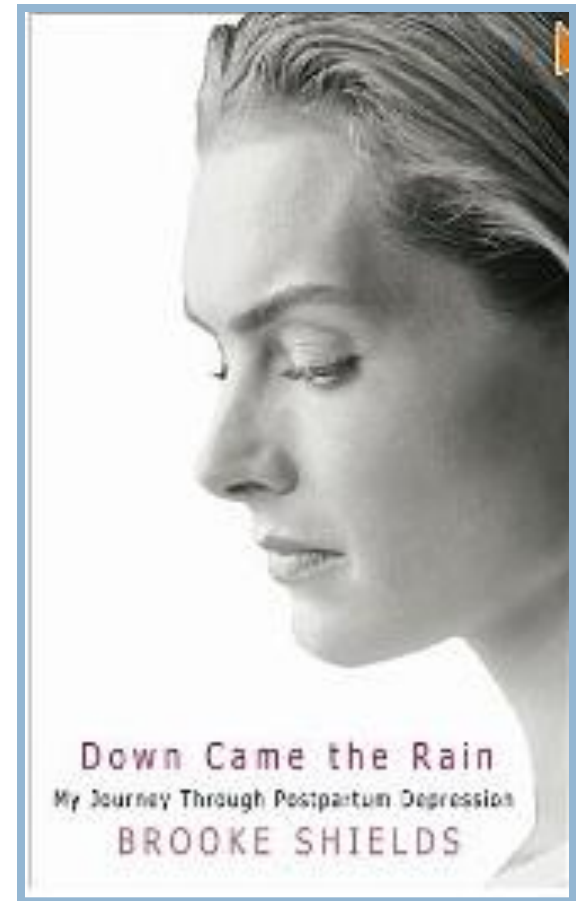
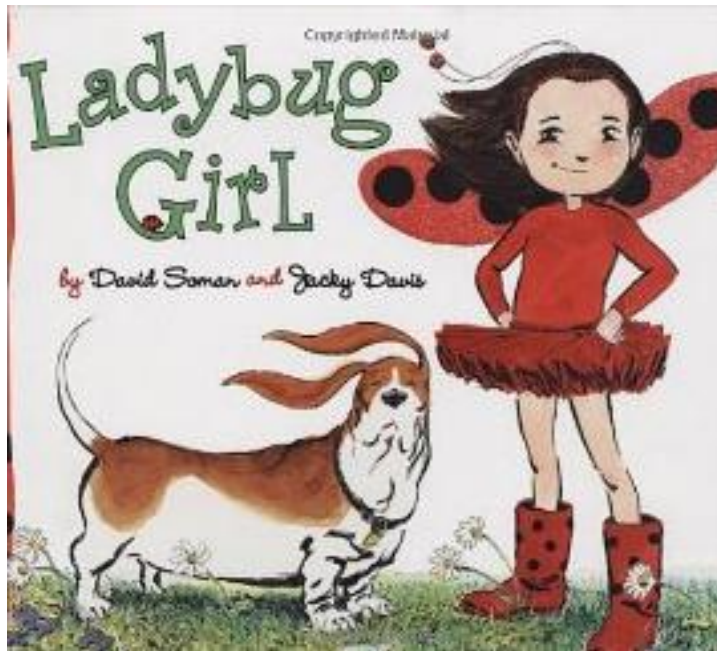
\*Only NLM resource with meeting abstracts

# Search tips

- Start out with a general site like MedlinePlus to get an overview of your topic
- Keep in mind there may be more than one term for the same condition
- Conditions may manifest in completely different ways
- Though inaccurate, many resource use terms like disease, disorder, spectrum and syndrome interchangeable

Source: Anderson PF, Allee N. The Medical Encyclopedic Guide to Searching and Finding Health Info on the Web, 2004

# Books



UConn HealthNet Mental Health Guide

<http://uchc.libguides.com/content.php?pid=78575>

Book covers used with permission of publishers:  
David Somer & Jacky Davis. Ladybug Girl, 2008.  
Brook Shields. Down Came the Rain, 2005.



# Your local library





# Community Resources

- Developing your social supports
- Support groups
- Counseling and Psychiatry
- Alternative therapy
- Faith based organizations
- Local public health dept mental health div.
- Career counselors
- Mental health libraries, public libraries
- Hospital (day treatments, in-patient)
- Others?

# The Future of Mental Health

## The Science of Happiness



# Positive Psychology

## Actions:

- Mindfulness
- Flow
- Spirituality
- Self-efficacy
- Learned Optimism

Source:

[http://en.wikipedia.org/wiki/Positive\\_psychology](http://en.wikipedia.org/wiki/Positive_psychology)

## Empowers:

- Positive emotions
- Positive individual traits
- Positive institutions

Source:

<http://www.ppc.sas.upenn.edu/>

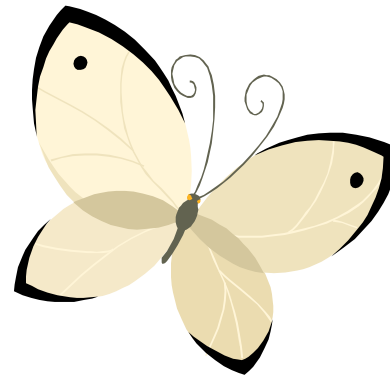


# Flow

- “losing oneself in an activity that offers no rewards outside the activity itself.”
- “However, enjoyment, as we have seen, does not depend on *what* you do, but rather on *how* you do it.”

# Take home points

- Fight stigma
- Be proactive about your mental health
- Cultivate your knowledge of mental health resources





# Thank you!

Michelle Eberle

Consumer Health Coordinator

NN/LM New England Region

[michelle.eberle@umassmed.edu](mailto:michelle.eberle@umassmed.edu)

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