Our Mission

The Fulton-DeKalb Hospital Authority (FDHA), ensures that quality care is provided through Grady Health System and meeting the unmet needs of indigent and medically underserved populations in Fulton and DeKalb counties by educating, empowering, and engaging health care systems and other stakeholders.

The FDHA Vision Statement

We are dedicated to ENGAGING with our community, learning their needs, and EDUCATING them about preventive health care so that they are EMPOWERED to advocate on behalf of their own health outcomes.

Visit our website at www.thefdha.org
Factors That Contribute to Mental Health Issues:

- Biological Factors (genes or brain chemistry)
- Life experiences (such as loss, trauma or abuse)
- Family history of mental health problems
- Social or cultural expectations
- Brain injury
- Substance abuse

What Is Mental Health?  

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental and physical health are equally important components of health. Mental illness, especially depression, increases the risk for many types of physical health problems, specifically chronic disease such as type 2 diabetes, stroke and heart disease. Interestingly enough, the presence of these health conditions can also increase risk for mental illness.

Over the course of your life, if you experience mental health problems, your thinking, mood and behavior could also be affected.
Mental health issues are one of the leading causes of disability in the United States. The Substance Abuse and Mental Health Service Administration (SAMHSA) has estimated that annually 43.4 million adults in the United States have a diagnosable mental health disorder (excluding developmental and substance use disorders).²
Types of Mental Illness

There are several different types of mental illness. The most common disorders are:

**Anxiety Disorder**: Persons with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or panic, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation, the person cannot control the response, or if the anxiety interferes with normal functioning.

- Generalized anxiety disorder
- Panic disorder
- Specific phobia

**Mood Disorders** (also called affective disorders): These disorders involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness.

- Depression
- Bipolar Disorder
- Cyclothymic Disorder

**Psychotic Disorders**: Psychotic disorders involve distorted awareness and thinking. Schizophrenia is an example of a psychotic disorder.

Common symptoms are:
- Hallucinations — experience of images or sounds that are not real
- Delusions — are false fixed beliefs that the ill person accepts as true, despite evidence to the contrary.

**Impulse Control and Addiction Disorders**: People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore responsibilities and relationships.

- Pyromania (starting fires)
- Kleptomania (stealing)
- Alcohol and drugs are common objects of addictions.

**Personality Disorders**: People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships and interfere with the person's normal functioning.

- Anti-social personality disorder
- Obsessive-compulsive personality disorder
- Paranoid personality disorder

**Eating Disorders**: Eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food.

- Anorexia
- Bulimia
- Binge eating disorder

**Post-Traumatic Stress Disorder (PTSD)**: PTSD is a condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, or a natural disaster. People with PTSD often have lasting and frightening thoughts and memories of the event and tend to be emotionally numb.
Military forces and veterans face many mental health challenges as they experience intense emotions centered around war and being separated from loved ones. There is often exposure to traumatic events that can lead to anxiety, PTSD, violence and substance abuse. In addition, many soldiers experience brain injuries during combat that affect their brain functioning and can contribute to mental illness. The effects of war may be overwhelming for many that survive.

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**Post-traumatic stress disorder (PTSD)** is a disorder that develops in some people who have experienced a shocking, scary or dangerous event.

**Post-traumatic stress disorder (PTSD)**

**PTSD by the Numbers**

- At some point in their lives, 7–8% of the population will experience PTSD.

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**Causes that may lead to PTSD**

- **Combat**
  - About 11–20% of veterans who served in operations Iraqi Freedom & Enduring Freedom have PTSD in a given year.
  - The United States Department of Veterans Affairs offers nearly 200 programs for the treatment of PTSD.

- **Sexual assault**
  - One in three women and one in six men experience some form of sexual violence in their lifetime.
  - About 30% of all the PTSD cases in the United States can be attributed to sexual violence.

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**PTSD Symptoms**

- Nightmares
- Anger
- Lack of focus
- Insomnia
- Bad Memory
- Substance Abuse

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Military disorders are the leading cause of hospitalizations for active-duty forces.

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**A Veteran’s Worst Wounds May Be the Ones You Can’t See.**

- 8% to 20% of military personnel deployed in Iraq and Afghanistan have experienced a traumatic brain injury.
- 300,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD.
- Traumatic brain injuries can increase suicidal thoughts and behavior.

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**Thank you to all veterans and those currently serving in the armed forces.**
Seniors and Mental Wellness

Health problems can become more common and complex as you age. Healthy minds, just like the body needs exercise and nutrients to remain in a healthy state. Low levels of brain engagement can lead to confusion, disorganized thinking, depression and increased risk for developing Dementia.

Dementia is the most common mental health issue among the elderly. This disorder results in severe cognitive impairment, particularly when caused by Alzheimer’s disease. The National Alliance on Mental Health (NAMI) estimates that 5 million adults 65 and older currently have Alzheimer’s disease (11% of the senior population).

The Geriatric Mental Health Foundation lists a number of potential triggers for mental illness in the elderly:

- Physical disability
- Dementia
- Physical illnesses
- Change of environment
- Illness or loss of a loved one
- Medication interactions
- Alcohol or substance abuse
- Poor diet or malnutrition

Tips to Stay Mentally Active

- Stay physically active to prevent disease
- Eat a healthy and balanced diet
- Remain socially active
- Stay mentally active
  - Learn new things
  - Read
  - Do puzzles

Mental health begins with me

Your mental health status changes as life and circumstances change. We all have times when we feel down or stressed or frightened. Being emotionally and mentally healthy doesn’t mean never going through bad times or experiencing emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. Although, most of the time those feelings pass there is a possibility that a more serious problem can develop. One person may bounce back from a setback while someone else is severely affected and feeling weighed down by it for a longer time.

emotionally and mentally healthy have the tools for coping and are in control of their emotions and behavior

Overwhelmed?

A helpful check list

- Relax
- Take a break
- Three deep breaths
- Adjust schedule
- List top three priorities
- Ask for help

& remember you can handle this!
**Warning Signs**

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

**Treatment in America**

- Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.
- Nearly 50% of youth aged 6-15 didn't receive mental health services in the previous year.
- African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.

**Ways to Get Help**

- Talk with your doctor
- Connect with other individuals and families
- Learn more about mental illness
- Visit NAMI.org

**Benefits of Caring for Your Mental Health**

- Higher overall productivity
- Better educational outcomes
- Stronger economies
- Lower health care costs
- Improved quality of life
- Increased lifespan
- Improved family life

Taking time to take care of your mental health can boost your mood, increase your ability to cope, and add to your overall enjoyment of life.

**10 PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH**

- Talk about your feelings
- EAT well
- Keep in touch
- Take a break
- Accept who you are
- Keep active
- Drink sensibly
- Ask for help
- Do things you are good at
- Care for others

There is nothing in nature that blooms all year long, so don't expect yourself to do so either.
Mental illness is a prevalent issue that often goes unseen and unacknowledged. Despite the growing knowledge of a variety of mental illnesses, symptoms and treatments there is still stigma associated with mental illness. Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that’s thought to be, or actually is, a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common. You may even judge yourself.

Some of the harmful effects of stigma can include:

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, co-workers or others you know
- Fewer opportunities for work, school or social activities
- Trouble finding housing
- Bullying, physical violence or harassment
- Health insurance that doesn’t adequately cover your mental illness treatment
- The belief that you’ll never be able to succeed at certain challenges or that you can’t improve your situation

Mental health problems are common, but help is available. People with mental health problems can get better and many recover completely. (mentalhealth.gov)

We all know that talking about mental health can be a challenging conversation to have. While there is no right way to talk about it, here are some tips to help guide the conversation to make sure that it is being approached in a helpful way.16

- **Ask questions and listen**
  Asking questions can give the person space to express how they are feeling and what they are going through. Try to ask questions that are open and not leading or judgmental like “how does that affect you” or “what does it feel like?”

- **Think about the time and place**
  Consider that it can be easier to speak with someone side by side instead of face to face. Consider starting the conversation when you are walking, cooking, or stuck in traffic.

- **Don’t try and fix it**
  It can be challenging to see someone you care about having a difficult time but try and resist the urge to offer quick fixes. It can be a long journey to manage/recover from a mental health problem. Just talking can be helpful so unless they directly ask for advice, it may be best to listen.

- **Treat them the same**
  When someone has a mental health problem, remember that they are the same person and they want to be treated the same. If you provide them with support, keep it simple.

- **Be patient**
  Remember that no matter how hard you try, they may not be ready to talk about what they are going through and that is okay. Maybe it will be easier for them to open up the next time. Until that time comes, consider sending them a text message to check in and setting up time to do things together.
IF YOU ARE IN A CRISIS AND NEED IMMEDIATE HELP

- Call 911
- Go to the nearest hospital emergency room
- Call a Crisis Line

#MentalIllnessFeelsLike
EVEN ONE ELSE HAS IT TOGETHER, EXCEPT ME.

Center for Health and Rehabilitation
265 Boulevard NE
Atlanta, GA 30312
404 - 613 - 1650
www.fultoncountyga.gov

Clinic for Education, Treatment, and Prevention of Addiction, Inc.
6020 Dawson Boulevard, Suite I
Norcross, GA 30093
770 - 662 - 0249
www.cetpa.org

DeKalb Community Service Board
445 Winn Way
Decatur, GA 30030
404 - 892 - 4646
www.dekcsb.org

Clifton Springs Mental Health Center
3110 Clifton Springs Rd Ste. B
Decatur, GA 30034
404 - 243 - 9500
www.dekcsb.org

Veterans Administration Medical Center
1670 Clairmont Road
Decatur, GA 30033
404 - 321 - 4111
www.atlanta.va.gov

CHRIS 180
1017 Fayetteville Road, Suite B
Atlanta, GA 30316
404 - 486 - 9034
www.chris180.org

Summit Counseling
2750 Old Alabama Rd. Suite #200
Johns Creek, GA 30022
678 - 893 - 5300
www.summitcounseling.org

Families First Counseling
80 Joseph E. Lowery Boulevard, NW
Atlanta, GA 30314
404 - 853 - 2800
www.familiesfirst.org

Georgia Dept. of Behavioral Health and Developmental Disabilities
1 - 800 - 436 - 7442

Grady Assertive Community Treatment (ACT) Team
10 Park Place
Atlanta, GA 30303
404 - 616 - 9296

National Alliance on Mental Illness (NAMI)
3180 Presidential Dr.
Atlanta, GA 30340
770 - 234 - 0855
www.nami.org

The Odyssey Family Counseling Center
1919 John Wesley Ave,
College Park, GA 30337
404 - 762 - 9190
www.odysseycounseling.org

Good Samaritan Health Center
1015 Donald Lee Hollowell Parkway
Atlanta, GA 30318
404 - 523 - 6571
www.goodsamaritana.org

Saint Jude’s Recovery
139 Renaissance Parkway NE
Atlanta, GA 30308
404 - 874 - 2224
www.sjrcatl.org

Whitefoord, Inc.
1353 George Brumley Way SE
Atlanta, GA 30317
404 - 523 - 2500
www.whitefoord.org

#LetsTalk
The Fulton-DeKalb Hospital Authority (FDHA), proud owners of Grady Health Systems (GHS), ensures that quality care is provided and the health needs of the community are addressed through education, advocacy, and collaborative partnerships. The FDHA has served the indigent residents of Fulton and DeKalb counties over 75 years, dating back to World War II. Additionally, the FDHA promotes general healthcare needs by providing grants to community-based health organizations, hosting or sponsoring health events and advocating for responsive and responsible healthcare policy for indigent citizens in the State of Georgia.

9. Image retrieved from https://pikdo.net/p/selfcareisforeveryone/2034990038682164627_8270197514
12. Image retrieved from https://www.mentalhealthamerica.net/4mind4body-challenge