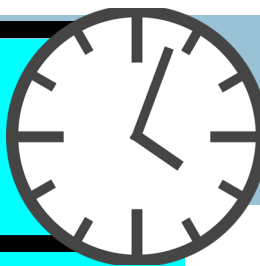


MHET in a Minute



Mental Health
Evaluation Team
(MHET)
VOL XXIV

New Year Mental Health Resolutions

As 2023 approaches, you might be thinking about resolutions you want to make for the new year. The following goals have the potential to make a significant impact in all areas of life:

- Make sleep a priority
- Prioritize exercise
- Make time for self-care
- Embrace a food routine
- Try a new hobby
- Limit your screen time
- Learn more about mental health
- Seek the help of trusted professionals

Sources: [Mental Health First Aid](#), [Oregon Counseling](#), [American Bar Association](#),

Homeless Connect Day

On 1/19/23, Homeless Connect Day will take place in Ralph Foy Park. The event will provide free on-stop services to families and individuals experiencing homelessness. Click [here](#) to view the flyer.



Let's Talk About MDD

- When someone experiences persistent and intense feelings of sadness for extended periods, they may have **Major Depressive Disorder**
- MDD is a common but serious mood disorder
- 1 in 6 people experience depression in their lifetime
- Depression is the leading cause of disability for ages 15-44
- During episodes, the following symptoms occur for 2 or more weeks:
 - ◊ Persistent sad, anxious, or "empty" mood
 - ◊ Irritability, frustration, or restlessness
 - ◊ Loss of interest or pleasure in hobbies/activities
 - ◊ Thoughts about dying or suicide
- For teens, symptoms may include irritability, lashing out, feeling worthless, poor performance at school, using recreational drugs or alcohol, e.g.
- Depression can result from a complex interaction of social, psychological and biological factors
 - ◊ Postpartum, grief, seasonal affective disorder, e.g. can trigger MDD
- Medication and psychotherapy can be effective for most people with depression
- If you think you or others may hurt themselves, call 911 or your local emergency number immediately

Source: [Mayo Clinic](#), [Health Line](#)



"Mental Health Minute: Depression"

Got 60 seconds? Take a mental health minute to learn about the signs and symptoms of depression. For more information on depression, please visit: www.nimh.nih.gov/depression.

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

