

**Mental health begins with a conversation.
Let's talk about mental health.**



Choosing the right treatment is based on a person's individual needs and medical profile. Special considerations are given for children, older adults and pregnant women.

Individual, family and group counseling are common treatments for mental disorders. Medications prescribed by a psychiatrist, primary care physician or advanced registered nurse practitioner can also play an important role. A combination of therapy and medication usually produces the best results.

Used in combination with traditional approaches, complementary and integrative treatments can be considered.

- **Learn about mental illnesses.**
- **Talk about mental illnesses.**
- **Be Brave. Break the Silence.**

GET HELP IN BOCA RATON

211 Palm Beach/Treasure Coast

Need immediate help? Dial 2-1-1 from any phone
www.211palmbeach.org
(24-hour Suicide Helpline)

Boca Raton's Promise

Education, I AM 1 Advocacy, Alliance Building
www.BocaRatonsPromise.org
info@BocaRatonsPromise.org
561.715.0447

Faulk Center for Counseling

Group, Individual & Family Therapy
www.faulkcenterforcounseling.org
561.483.5300

Mental Health Association of Southeast Florida
Educational Materials, Speakers, Training
www.mhasefl.org
954.746.2055

National Alliance on Mental Illness (NAMI-PBC)
Individual/Family Support Groups, Education Programs
www.namipbc.org
561.588.3477

Ruth & Norman Rales Jewish Family Services
Psychiatric Assessment, Counseling, Support Groups
www.ralesjfs.org
561.852.3333

Volen Center Wellness Institute for Senior Health
Behavioral Health Services, Screenings, Medication Mgmt.
www.volencenter.org
561.395.8920

If you or someone you love is in crisis, call 911 or go to your nearest emergency room.

For more information:

info@BocaRatonsPromise.org
www.BocaRatonsPromise.org

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WHAT CAN HELP



GET THE FACTS

Real Medical Illnesses

Like heart disease, stroke, diabetes or cancer, mental illnesses are medical conditions that affect the quality of life for one in four individuals, about 43 million Americans. The impact on families is immeasurable.

Misinformation, fear and stigma are barriers that must be removed to address this public health crisis.

Anyone can experience mental health problems. Friends and family can help a person's recovery process. Most people get better...it begins with a conversation.

Common Medical Illnesses

Mental disorders are common. You may have a friend, colleague or relative with a mental disorder, or perhaps you have experienced one yourself at some point. Feelings of sadness, anxiety, worry, irritability or sleep problems are common. Sometimes depression and anxiety co-exist for people with chronic medical conditions. While we may experience these feelings during our lives, it is not just a normal part of life to suffer intense, long-lasting symptoms that interfere with school, work or relationships.

Treatable Medical Illnesses

Scientists have identified genetic biomarkers for certain illnesses leading to breakthroughs in treatment. New innovative, evidence-based therapies can effectively adjust maladaptive thoughts and behaviors.

**THERE IS HELP
THERE IS HOPE**

WHO CAN HELP

- School and college counselors, nurses, doctors and senior center counselors can assist and make appropriate referrals.
- A psychiatrist (MD or DO) is a medical doctor with specialized training who can prescribe medication and may offer therapy.
- An advanced registered nurse practitioner (ARNP) is a registered nurse with additional training who can prescribe medication and offer therapy.
- Psychotherapists include licensed psychologists, clinical social workers, mental health counselors and marriage & family therapists who provide therapy in community mental health centers or private practice.
- Peer specialists have "lived experience" to support individuals and families as they navigate the system of care on their journey to recovery.
- Potential sources of help may be found with employee assistance programs, spiritual leaders, service clubs, police services and homeowner associations.



MENTAL HEALTH FIRST AID

Nationally certified eight-hour training in Boca Raton. For more information email, mhfa@brpromise.org

I GOT HELP

These individuals and families got help and you can too. Boca Raton's Promise can help.



"When I realized my son needed help, I went to a local family education program where I learned to better understand his needs and how to find resources. These educational programs are available in Boca Raton."

I got help – Ro Rabozzi



"Life as a college student managing a mental health condition is challenging even with the support of family and friends. I've accepted professional advice and decided it's up to me to manage my life. I'm now educating others to accept and manage their illness."

I got help – Terah Strauss



"I've always been told that I'm skilled and talented so when I received a diagnosis for a mental health condition, I reached out and developed a plan to live well."

I got help – Jean Teneus



"My 75-year old neighbor was isolating herself. She said she was not depressed, but complained of pain. Her doctor found no cause for her physical pain and suggested an adult day program. I went with her."

We got help – Rita Thrasher