

Mental Health

Mental Health Stats & Facts



Lack of vitamin D can impact mental health contributing to depression, anxiety and other disorders.



One in four people struggle with mental health.



Unaddressed mental wellness is a risk factor for chronic physical conditions like high blood pressure, heart disease, and more.

When to Seek Mental Health Help

Changes in Behavior

If you notice a significant change in your behavior or mood such as:

- Withdrawn
- Irritable
- Sleeping too much or too little

Traumatic Experiences

If you have experienced a traumatic event at any stage of life.

Problems with Relationships

Difficulty forming or maintaining close relationships, or frequent conflicts with others.

Difficulty Coping with Daily Life

If you are struggling to cope with the demands of daily life or can't handle simple tasks such as work, school, or family.

Substance Abuse

If you are turning to drugs and alcohol to cope with stress, anxiety, or other issues.

Persistent Negative Mood

If you have persistent feelings of hopelessness, worthlessness, anxiety, or sadness.

Did You Know?

Nurse practitioners (NPs) can play a vital role in addressing mental health care. Here are some ways in which our NPs can help with mental health:



MINDFULNESS WITH AN NP

Mindfulness techniques guided by our NPs as a tool for our patients to manage and improve overall mental and physical health.

- NP Guided Meditation
- Breathing Techniques
- Self Guided Meditation Resources



PROVIDING REFERRALS

- Refer patients to other mental health professionals for specialized care.
- Provide access to community resources for additional support, such as support groups, rehabilitation programs, or crisis hotlines.



EDUCATING PATIENTS

- Role of physical health on mental well being
- Sleep, exercise, nutrition, on stress management
- Alternative medicine



CONNECT WITH OUR NPs

Our nurse practitioners have a special mindful appointment that patients found beneficial for stress, anxiety and overwhelming days.

[Schedule](#) today for your mental health check-in.

Upcoming Events



Free TPI Golf Workshop
May 2nd at 4:30
Millennium Multi Purpose Room

Free Giveaways
Five Free Golf Analysis
Learn "The Body Swing Connection"



Guided Breathing Event
May 18th at 12:30p.m
Millennium Multi Purpose Room

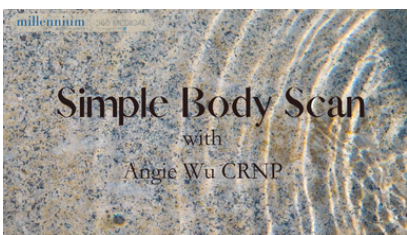
Learn how to connect with your breath and bring yourself in contact with the present moment. If unable to attend, [schedule](#) a appointment with one of our nurse practitioners.



Mental Health
May 23rd at 12:30p.m.
Millennium Multi Purpose Room

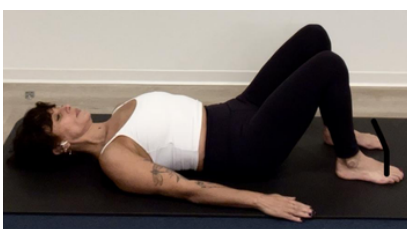
Join us for an engaging and informative session on how small changes can lead to significant mental balance in your professional and personal life.

Rehab Corner



Simple Body Scan

Feeling like you need a 5-minute mini reset? Click [here](#) for the Simple Body Scan, connecting your breath and body. You will feel calmer and more aligned to take on the rest of your day.



Centered Head on Neck Alignment Exercise

Tight jaw muscles can be a side affect of stress and anxiety. As we stress, our muscles tense. Click [here](#) for a quick jaw tension release.