“Say What?!? @ PDL” Monthly Podcast:
“Things You Don’t Want to Talk About”
February 2016: Mental Health

Things You Don’t Want to Talk About is a segment where we discuss and provide information on topics that may be difficult to openly ask for information about because it may be very personal or sensitive by nature. To help get you started getting the information that you need, we’ve decided to openly talk about some of those topics here on the podcast and provide you with free resources easily within reach.

INTRODUCTION TO THIS MONTHS TOPIC

Mental health issues from Alzheimer’s to Anxiety, Depression to BiPolar, Schizophrenia and other Personality disorders still carry quite a stigma to them and whether you’re having experiences that are making you wonder about whether you should see a doctor, or if a friend or family member may have a condition, or if you’ve just received a diagnosis, I’d like to share with you sources of information and support to help.

LOCAL COMMUNITY CONTACTS

Kalamazoo Community Mental Health & Substance Abuse Services
Web: http://www.kazoocmh.org/

418 W. Kalamazoo Ave Kalamazoo, MI 49007 (269) 373-6000
3299 Gull Road Nazareth, MI 49074 (269) 553-8000
2030 Portage Rd Kalamazoo, MI 49001

• If you have insurance coverage, they can help you understand what benefits are available to you through that coverage, and direct you to counselors, therapy and other mental health professionals that are available and would be covered by your insurance provider.
• If you are without insurance, they can help you apply for insurance, as well as point you in the direction of professionals available to help those without coverage.
• Kalamazoo Mental Health Services also offer free screenings
• If you’re in a crisis situation, even if you don’t have insurance, they can help you find a case manager, or assist with hospitalization.

Professional Consultants and Clinicians
Web: http://www.counselingpcc.com/

PCC is an association of established mental health therapists interested in offering quality services to individuals and families in Southwest Michigan. When you want to solve a personal, couple, or family problem, PCC can help you make an informed choice. PCC therapists can help you find the treatment method and fee arrangement (including alternatives to insurance
reimbursement) that are best for you. They are bound by professional ethics and a personal commitment to client confidentiality.

**LIBRARY RESOURCES**

**DIAGNOSIS BAG: Stress and Anxiety**
**WHERE TO FIND IT:** Adult Information Desk

*This series of bags gives you library-purchased and librarian approved resources to help you through a rough time in your life – the diagnosis of a medical condition in either you or somebody that you love. Each bag centers around one health condition and contains sources you can use to get credible authoritative information on the issue, as well as possible lifestyle changes that might help. It contains resources that some of the staff have personally found helpful in that situation. We hope that they help you as well.*

**Databases to try**
Our databases can be accessed in the library, or by going to our eResources page on our website at [http://portagelibrary.info/digital-library/eresources/](http://portagelibrary.info/digital-library/eresources/)

**DATABASE:** Health and Wellness Resource Center and Alternative Health
A comprehensive collection of full-text health information for the layperson.

**DATABASE:** Gale Encyclopedia of Medicine
This source includes information on more than 1,700 medical disorders and concepts. Each article includes in-depth discussion of causes, symptoms, diagnosis, treatments, procedures, and other related topics. Written for a general audience with an authoritative tone.

**DATABASE:** Gale Encyclopedia of Alternative Medicine
Covers all aspects of the subject including therapies, conditions/diseases, herbs/plants, and people. Identifies numerous types of alternative medicine being practiced today, including reflexology, acupressure, acupuncture, chelation therapy, kinesiology, yoga, chiropractic, Feldenkrais, polarity therapy, detoxification, naturopathy, Chinese medicine, biofeedback, Ayurveda and osteopathy.

**ONLINE RESOURCES**

Affordable Health Care Act – Health Insurance Enrollment
[https://www.healthcare.gov](https://www.healthcare.gov)

Mayo Clinic directory of Diseases and Conditions
[www.mayoclinic.org/diseases-conditions](http://www.mayoclinic.org/diseases-conditions)

U.S. National Library of Medicine: Medline Plus

Medline Plus – Evaluating Health Information Online

This site, run by the U.S. National Library of Medicine and the National Institutes of Health,
provides many links to overviews, tutorials, and other material that help readers evaluate the quality of the health information that can be found on the Internet.

OTHER RESOURCES

- National Suicide Prevention Lifeline: 1 (800) 273-8255

HELPFUL READING

*Helpful hint: Browse the area surrounding the books below to find more on the same topic!*

**TITLE:** *The Family Guide To Mental Health Care*
**AUTHOR:** Sederer, Lloyd
**WHERE TO FIND IT:** 616.89 SE Adult Nonfiction

Family members and friends are often the first to realize when someone has a problem, but it is hard to know how to help or where to turn. Our mental health "system" can feel like a bewildering and frustrating maze. How can you tell that someone has a mental illness? What are the first and best steps for you to take? Where do you go to find the right care? The Family Guide to Mental Health Care is the first comprehensive print resource for the millions of people who have loved ones suffering from some kind of mental illness. In this book, families can find the answers to their most urgent questions. What medications are helpful and are some as dangerous as I think? Is there a way to navigate privacy laws so I can discuss my adult daughter’s treatment with her doctor? Is my teenager experiencing typical adolescent distress or an illness? From understanding depression, bipolar illness and anxiety to eating and traumatic disorders, schizophrenia, and much more, readers will learn what to do and how to help. Real-life scenarios and authoritative information are written in a compassionate, reader-friendly way, including checklists to bring to a doctor's appointment so you can ask the right questions. For readers who fear they will never see the light at the end of the tunnel, this book gives hope and a path forward.

**TITLE:** *How To Find Mental Health Care For Your Child*
**AUTHOR:** Braaten, Ellen.
**WHERE TO FIND IT:** 362.1989 BR, Adult Nonfiction

**TITLE:** *Military mental health care: a guide for service members, veterans, families, and community*
**AUTHOR:** Lawhorne Scott, Cheryl
**WHERE TO FIND IT:** 355.345 LA, Adult Nonfiction

This is just a sample of titles we have free and available at our library for checkout or to place a hold. For more titles, you can search our library catalog using the term “mental health”, or visit the library and ask for assistance.

**Questions, Comments? Topic suggestion for this Podcast segment?**
Please submit your inquiry to askalibrarian@portagelibrary.info
Subscribe to our podcast via iTunes, or visit http://portagelibrary.libsyn.com