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Mental Health in the African American Community

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Mental Health in the African American Community

Mental Health does not discriminate

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Abstract

From generations before, people in the African American community did not discuss mental health and issues that came along with it. A lot of it was because it was not understood. On the other hand, the African American Community didn't want to talk about it. Having a mental health illness was considered a curse. Instead of dealing with the issues, people elected to sweep it under the rug, ignore it, or just not deal with it at all. In the past, it was the lack of awareness, ignoring the problem, dealing with the issues the best way they knew how or not dealing with them at all. Mostly the mental health issues were dealt with without any professional guidance. Mental Health is an issue that affects all people and all races. It does not matter the color of the skin or your financial status. It does not discriminate. It hits people in every walk of life. There are many conditions when it comes to mental health diagnoses. People in the African American community need to be made aware as well as educated. Mental Health issues are steadily rising. The goal is to give information on the differences of mental health. It is an illness and there are various types associated with this condition. There is not only one type of problem and there is not only one cure. Even though African Americans have now become more open about discussing mental health issues, there still needs to be a change. There are different options available to people in the community to get help when it comes to their mental health.

Mental Illness in the Black Community

This paper is about mental health. It will be in reference to people who live in the black community. Mental health will be looked at from an African American point of view but can be true of many cultures. Growing up in the 1970's and the 1980's, people in the black community did not believe in seeing anyone professionally for their mental health needs. From generations before, people did not talk about mental health or its issues. People back then didn't really understand mental health. It was not discussed in the African American community. Many people in the African American community knows that mental health exist but they must accept that it does happen to black people, mental health does not discriminate. In the past it was frowned upon for a black person to seek help for their mental health needs. It is not a common practice in the African American culture to ask for help. Especially from a professional. African Americans have faced many obstacles including racism and violence. Slavery can be used as an example. Although it happened many years ago, it is a good example of why people in the African American Community think the way they do. Slaves were beaten, suffered from violence, and were abused. A person not being able to overcome their mental health issues would be labeled as weak. It could be said this is where the not wanting to recognize or get help for mental health issues started in the African American community. It began here and was adopted throughout generations. Not wanting to recognize or seek help for mental health issues can hold true relating to any culture. Some of the older people still have the same mentality now in 2022 as they had in the 1970's and the 1980's. Some of the older generation feel if they need help, they are labeled as weak, they cannot handle their business, and they cannot make it the world. These clichés are some of the reasons as to why people in the African American community do not seek help.

In some instances, if a person had some type of mental illness, the person was considered cursed. Not only for the person effected with mental health issues but for the entire family.

Although now people in the African American community know it is not a curse, mental health is still something that people do not like to talk about. There are a lot of obstacles keeping people from reaching out and getting the help they need. People in the African American community need to be educated on what mental health is and it is okay to seek and get help.

Some mental health disorders will be looked at starting with childhood up to adult hood. Mental health is a big problem. Mental health can play a role with people becoming drug addicts and felons. The subjects will start and define the different types of mental health disorders. The first issue is a person must accept that mental health disorders exist and accept it can or may happen to themselves, their family, friends or anyone they may come in contact with.

This contributes as to why 20 percent of black people will suffer from some type of mental illness. This is 20 percent more than white people, being treated badly, being called names and being Mental health issues are steadily rising in all cultures, and it is something that needs to be discussed. Awareness needs to be brought to the attention of everyone and it needs to start in the home.

Mental health not only happens in someone else's family, but it can happen in your own family. Growing up in the 1970's and 1980's, mental health was not discussed much. When it was discussed or there was an issue, it was hush hush subject.

There are different types of issues in mental health issues. It can be looked at it from the older generation point of view. Why people think the way they do. Mental health issues can start from a child and continue into adulthood. Some people now in 2022 still have the same mindset as generations before. This paper this will define the difference types of mental health issues and

treatment. It will touch on mental health being a problem. There will be reasons discussed as to why people have a problem with seeking help. The question can be asked why there is such a mistrust of doctors in the African American community when it comes to mental health. People need to be educated about mental health. In the journal article, Call to Action: Family Therapy and Rural Mental Health, it reiterates there are several disparities in rural areas.

With mental health issues becoming a growing problem, communities need to invest in themselves to provide help that so many people need. Per the U. S. Census Bureau of 2010, people in rural areas make up almost 20 percent of the population in the United States. (Jensen 2017) The funding for mental health in rural areas are well behind. There are many differences in the rate and the severity of mental illness in the rural areas. The quality of mental health would be poor compared to other areas.

The first thing a person must do, is to acknowledge they need help, this is the first step to self-help. We are all human and things do happen. It should not matter to a person what other people think. If you need help, then seek it. It is not anyone's business when it comes to oneself. Whether it be financial, spiritual, or mental, sometimes we can use a little help.

Mental illness can be diagnosed just like any other illness. It can affect people in many ways. But there is no exact know reason or cause of why people suffer from mental issues. There has been research done and it is suggested it's a combination of a lot of things. It can be contributed heredity, biology, learned behavior, psychological trauma, social and environmental stress. Any of these factors can have a determination on a person's mental health.

Heredity

Per the WebMd website, mental health can be heredity. It can run in families and be passed down through for generations. This can be contributed to abnormal genes. It could be

related to imbalance of a person chemical make-up. It can be transmitted from one parent or both. It could have come from someone in the family tree that has a dominant gene related to mental health. Although every person is unique in their own way there can be different traits passed along in each offspring. There can be abnormal genes that interact with each other making a person susceptible to mental illness. This is not always the case, but it does occur when different factors are added into the mix. There can be things that trigger mental episodes such as traumatic event, stress, or abuse.

Biology

Mental illness is associated with the brain. It can be said the brain is sick or classified as diseased. The disease in the brain can be contributed by one or both parents having abnormal genes. The abnormal gene can pass down to a child causing the child to have a brain defect which may cause mental illness. It can also be contributed to something happening during birth. There can be things that happen to cause injury or defect to the brain. An example could be a loss of oxygen to a child during birth. Mental illness cannot be diagnosed like a medical condition, but it can be diagnosed. It can be diagnosed by starting to look for signs or symptoms of the individual. They can schedule an evaluation with their primary care physician. The physician can evaluate the patient to determine if there is reason for concern. There are tools in technology to help diagnosis mental health disorders. With improved technology, there can ways to offer more help to people in rural areas.

Learned behavior

Behavior can be learned in different situations and determine how they act. It can be reinforced negatively or positively. It can be learned by watching others and by the way things happen in life. People can be conditioned to believe when acting a certain way can produced

results. It can be changed or associated with learning behavior in any type of environments. Learned behavior as well as failure to learn can be tribute to being taught. A child can be termed a bad child. If you asked them why they think are termed a bad child, the reply is because that is what they have been told. This could have been voice by their parents or other relatives. The question to ask would be are you bad or act a certain way because you don't behave properly or are you don't act properly because you were told this. This type of thing can be programed into a child's mind. They long term effect is that they will start to believe that they don't act properly, or they don't act like others think they should which be termed as acting bad or acting out.

Psychological Trauma

The free dictionary by Farlex describes psychological trauma as damage to a person's mind. There can be things or events that happen in life. This things can cause damage or injury to the brain psychological trauma can be related to any type of stressful situation that a person experience. Trauma can range from a person experiencing a disaster, a life threatening situation, accidents, or any type of abuse. It can also be caused by a medical condition, taking medications, or drug usage. . The national library of medicine states a survey was done with 70,000 people from 24 countries. The data showed that some time in their life 70.4 percent of people had experienced at least one type of traumatic event ranging from sexual violence, accidents, injuries, physical violent, war and death of a loved one.

An example of psychological trauma could be Post-Traumatic Stress Disorder. There are signs and behaviors to look for. The symptoms can develop quickly, or they can develop slowly. As the symptoms progress, family and friends may start to notice some changes or strange behavior. The individual can schedule an evaluation with their primary care physician. The physician can evaluate the patient to determine if there is reason for concern.

Social and Environmental Stress

Mental health issues can be contributed by day-to-day stress. Such as a financial issue, stress, substance abuse, loss of a job or of a loved one. It can also be triggered by traumatic events such as being neglected, emotional, physical, or sexual abuse. All of these things can contribute to a person have mental and psychological difficulties.

Mental health does not discriminate. It can affect anyone and everyone. People in the African American community knows that mental health exists. Some refuse to accept or deal with it properly. It is not something to be ashamed of. It is just something that occurs and is a part of life. No one asks to have a mental disease and it does not pass you by just because you are a certain race. If you are human, mental health can affect you. People do not know what to look for when it comes to mental illness. It can come in different forms. The common types are clinical depression, anxiety disorder, bipolar disorder, dementia, attention deficit disorder, attention deficit hyperactivity disorder, schizophrenia, schizoaffective disorder, obsessive compulsive disorder, autism, post-traumatic stress disorder, mania, body dysmorphic disorder, seasonal affective disorder, trichotillomania, suicide, psychosis, phobias, postpartum, eating disorders such as anorexia nervosa and bulimia nervosa.

Depression

Depression is at the known as a depressive or a mood disorder. It is one of the most common issues in mental health. People can experience different types of moods when it comes to depression. There are several symptoms, and they can vary when it comes to depression. It can occur at any time in a person's life. It can start at childhood, during the teen years and continue well into adulthood. The average age when depression starts is from the teenage years to the mid-twenties. There are common signs to notice when depressed. It can be a feeling of sadness

as well as feeling helpless, hopeless, worth, and a lack of interest in life or activities. With these feelings, a person can have difficulty concentrating, thinking and unable to make decisions. Symptoms of depression can and are different for each person. They symptoms can last for weeks even months. Some people experience frequent episodes all at once. Some can have and isolated episodes. Per the American Psychiatric Association, depression can affect one in fifteen adults. that is estimated to be 6.7 percent in a year. Anxiety plays a big part when it comes to depression. It can interfere with a person's day to day living. When anxiety is not dealt with, it can get worse instead of getting better. There are several types of anxiety disorders. General anxiety disorder or GAD, panic disorder and phobias. General anxiety disorder can affect people worrying about life issues such as their health, money, and their job. Some people just tend to worry about these things they have no control over.

Treatment for Depression

Depression can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care of health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many antidepressant medications available to treat depression. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. The medicine can reduce or take away depression symptoms. It will depend on the individual how long medication will be

administered. There are other organizations to help and give support for individuals living with depression.

Anxiety

Anxiety is a mental health disorder that can happen to anyone. It doesn't matter if it is a child or an adult. Anxiety can have some type of effect on any person. It is the most common mental health disorder. It is an emotion that can be a feeling of uneasiness, unhappiness, or just plain fear. It can be triggered by emotions, stress, or trauma. When a person has anxiety, it can have effect on the person's life. It can interfere with a person not being able to live normally. It could affect their sleep pattern. If one does not get go ample sleep, it can cause fatigue. There could be a fear of dealing with issues. It can be associated the fight or flight syndrome. A person can either deal with their issues or they can elect to ignore their issues. There are several types of anxiety disorder. The most common can be the generalized anxiety disorder. Panic attacks and phobias can be contributed to anxiety disorder. At times, panic attacks are associated with anxiety. A person can have symptoms of sweating, shaking, hyperventilating, or the heart racing. Per the American Psychiatric Association, women are more likely to have some type of anxiety disorder than men. Also, anxiety can affect almost 30 percent of adults at some time in their life span.

Treatment for Anxiety

Anxiety can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. Anxiety can be treated just with therapy and without medication. The professional can recommend getting behavioral and psychological therapy along

with medication. There are antidepressant medications and selective serotonin reuptake inhibitors (SSRIs) available for treatment. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for anxiety can have different medication combinations. The medicine can reduce or take away anxiety symptoms. It will depend on the individual how long medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help get rid of anxiety symptoms. Deciding to exercise daily or taking time to relax are examples of making a change. There are organizations to help and give support for individuals living with anxiety.

Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder

Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder are commonly known as ADD and ADHD. These disorders often start in early childhood. The Centers of Disease Control and Prevention states attention deficit hyperactivity disorder is one of the most common neurodevelopment disorders. Millions of children in the United States have been diagnosed with this disorder. There is no specific cause for this disease. It can be related to genetics, risk during pregnancy or a brain injury. It is a disease that starts in childhood and can continue into adulthood. One of the most common symptoms shown in children with this disorder is hyperactivity. They are constantly moving, are unable to sit still, unable to concentrate, hold attention and some exhibits bad behavior. These symptoms make it hard for children in their school years. Normally when diagnosed during childhood, the child can grow out of the disease. This is not always the case because it can carry over into adulthood. These

symptoms can make it hard for adults to function with their relationship, work, and personal lives. The American Psychiatric Association estimates 8.4 percent of children and 2.5 percent have attention deficit hyperactivity disorder.

The Centers of Disease Control and Prevention classify attention deficit hyperactivity disorders in three types.

- The predominantly inattentive presentation individual can be easily distracted, find it hard to pay attention and follow instructions.
- The predominantly hyperactive impulsive presentation individual talks a lot and is fidgety.
- The combine presentation individual is a combination both the predominantly inattentive presentation and predominantly hyperactive impulsive presentation. They can be easily distracted, find it hard to pay attention, follow instructions, talks a lot and is fidgety.

Treatment for Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder

While there is not cure for attention deficit disorder and attention deficit hyperactivity disorders, they are treatable. They can be treated by a health professional, with therapy and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many medications available to treat these disorders. The health professional can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will

monitor and adjust accordingly. Treatment for these disorders can have different medication combinations. The medicine can reduce or take away symptoms. It will depend on the individual how long medication will be administered. In children, the health care professional can recommend parents making changes, having structure and routines in their children's lifestyle to help maintain these symptoms. Having a set schedule and a routine are examples of controlling a child's behavior. In adults, the health care professional can recommend the patient making changes in their lifestyle to help maintain and ease these symptoms. Deciding to relax, not to get rushed and exercising are examples of things that can be done.

The Centers for Disease Control funds the National Resource Center on ADHD a program of Children and Adults with Attention Deficit Hyperactivity Disorder. There is a call center when people want to ask questions about the disease. There are other organizations to help and give support for individuals living with attention deficit disorder and attention deficit hyperactivity disorder.

Bipolar Disorder

Bipolar disorder is a mental disorder that can affect a person's ability to function properly. It can cause an imbalance in a person's brain. It is not known what causes the disorder, but it could be combination of things that plays a role in the disease. There are three different types of bipolar disorders. They are bipolar I, bipolar II and cyclothymic disorder.

- Bipolar I disorder is manic episodes that have been going on for at least 7 days, depression, and hypomania. Hypomania can be defined as a high level or hyped-up energy.
- Bipolar II disorder is less severe manic episodes fewer than 7 days and depression.

- Cyclothymic disorder is the mildest and less severe of the bipolar disorders. It involves mood swings, depression along with hypomania.

These disorders can affect their mood, sleep patterns, and energy levels. A person's mood can be upbeat or it can be somber. It can be long periods of happiness or can be long periods of sadness. It all depends on the person and their situation. If the sleep patterns are interrupted, a person can become manic. Being manic can cause the energy level to go up. When the energy level is up with no sleep this can make for a bad situation. The body needs its rest as well as the brain.

Treatment of Bipolar Disorders

Bipolar disorders can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. There are medications available to treat the disorders. The medications are divided into three classifications: mood stabilizers, antipsychotics, and antidepressants. The health professional or psychiatrist can best determine what medications are best suited for the patient. The treatment is usually given in a combination of a mood stabilizing and/or an antipsychotic drug along with therapy. The medication is given in low dosage when treatment is first started. Some of these medications can have harmful side effects. The health care professional will monitor and adjust accordingly. The medicine can reduce or take away the bipolar symptoms. Normally individuals with bipolar disorders tend to be on a medication for long periods of time. There are other organizations to help and give support for individuals living with bipolar disorders.

Dementia or Alzheimer's disease

Mental health does not discriminate. It can affect anyone and everyone. People in the African American community know that mental health exists. Some refuse to accept or deal with it properly. It is not something to be ashamed of. It is just something that occurs and is a part of life. No one asks to have a mental disease and it does not pass you by just because you are a certain race. If you are human, mental health can affect you. People do not know what to look for when it comes to mental illness. It can come in different forms.

The common types are clinical depression, anxiety disorder, bipolar disorder, dementia, attention deficit disorder, attention deficit hyperactivity disorder, schizophrenia, schizoaffective disorder, obsessive compulsive disorder, autism, post-traumatic stress disorder, mania, body dysmorphic disorder, seasonal affective disorder, trichotillomania, suicide, psychosis, phobias, postpartum, eating disorders such as anorexia nervosa and bulimia nervosa.

Treatment for Dementia and Alzheimer's Disease

Dementia or Alzheimer's Disease is an irreversible disease. It can be treated and maintained by a health professional. The patient is evaluated by their primary care or health professional. The professionals can conduct physical, mental, and neurological examinations. They can interview patients, ask questions about past and present issues along with exploring the family medical background. To help with this diagnosis, the professional can order imaging of the brain such as a magnetic resonance (MRI) or a Computed tomography (CT). These tests can help identify the cause or pinpoint any medical conditions, signs, or symptoms of the problems.

The professional can recommend getting behavioral and psychological therapy along with medication. There are medications available to help maintain treat Dementia or Alzheimer's Disease. The health professional or psychiatrist can best determine what medication is best suited

for their patient. There are medicines approved by the United States Food and Drug Administration to help with the disease. The medications can help delay some of the symptoms and allow the person to continue with their function in day-to-day activities. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Caring for a person with Dementia or Alzheimer's Disease can be stressful and very difficult. Caretakers need to take care of their own physical and mental health as well. It is recommended the patient's caregivers seek behavioral and psychological therapy as caring for these patients can be emotionally and physically draining. Some recommend support groups. This can help caretakers cope and deal with a person that is deteriorating physically and mentally. There can be changes in everyone's lifestyle to help maintain the symptoms. Maintaining a calm environment, deciding to exercise daily, taking time to relax are examples of things that can be done to make a change for everyone. Caregivers must keep in mind and accept changes in Dementia or Alzheimer patients' behavior. They must remember do not take it personally as it is the disease not the person but that is easier said than done. There are other organizations to help and give support for individuals living with Dementia and Alzheimer's Disease

Obsessive Compulsive Disorder

Obsessive compulsive disorder is commonly known as OCD. When someone hears or thinks of obsessive-compulsive disorder in someone, it is associated with a person being a neat freak. The person cleans obsessively, with everything being in place, and everything having an order. It is a mental health disorder that can affect anyone. The individual can have unwanted obsessions with certain thoughts or ideas. The cause can be related to issues with the brain. There are chemical levels called neurotransmitters. These neurotransmitters carry signals back and

forth to the brain. When these signals are out of balance or insufficient, it can cause problems and contribute to this disorder. With this disorder, people can experience repetitiveness, compulsions, and obsession. Not being able to carry out repetitiveness, compulsions, and obsession can have an effect. It can cause a person to become upset or agitated. The person can develop other mental health issues along with this disorder. Among young adults, The American Psychiatric Association states obsessive compulsive disorder affects two to three percent of people in the United States.

Treatment for Obsessive Compulsive Disorder

Obsessive Compulsive Disorder or OCD can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. Cognitive behavioral therapy or CBT may be introduced as a treatment for this disease. The health professional can use a technique known as response prevention. While focusing on a problem or situation, patients are put in uncomfortable situations. The person is exposed to a situation that can a reaction to their obsessive thoughts or behavior. This is to have the patient avoid engaging in behaviors they normally would do in an uncomfortable situation. The patient can see they can remain in their uncomfortable situation without anything bad happening. This type of therapy may not be for everyone as it may increase anxiety in individuals causing more harm than good. There are medications known as selective serotonin reuptake inhibitors available to treat

obsessive compulsive disorder. The health professional can best determine what dosage is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for obsessive compulsive disorder can have different medication combinations. The medicine can reduce the symptoms. It will depend on the individual how long medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help reduce and manage their symptoms. Deciding to exercise daily or practicing relaxation techniques are examples of making a change. There are organizations to help and give support for individuals living with obsessive compulsive disorder.

Autism Spectrum Disorder

Autism spectrum disorder is a disorder a developmental condition with many challenges for the patient. They will have many problems ranging from social communication, expressing themselves verbally communication, along with behavior and emotional issues. It can be detected in early childhood as early as eighteen months. Sometimes the diagnosis is not caught until much later when the child is older. This can prevent the child from getting the help needed at an earlier age. This disorder can interfere with a child not being able to live normally. It is unknown what causes autism. It can be attributed to abnormal brain growth in a child, genetics, and the environment. This is a disorder that does not affect only one race. It can affect anyone. This disorder is known to be more common in boys than girls. There are four types of autism spectrum disorders:

- Asperger's syndrome. The patient with this disorder may have an average or above average of intelligence. The patient may exhibit problems with social interaction and have very limited range of things that interest them.
- Autistic disorder. The patient may exhibit problems with social or verbal communication and interaction with other people, especially in younger children. This disorder is commonly used when referring to autism.
- Childhood disintegrative disorder is also known as CDD, Heller's syndrome, and disintegrative psychosis. This disorder affects children through the ages of three and four. The child will develop normally. This disorder can occur over several months. The child can lose their social or verbal communication and interaction skills.
- Pervasive developmental disorder also known as PDD or atypical autism. This disorder is used with the child exhibits autistic symptoms or behaviors but doesn't fit in any of the other disorder types.

Treatment for Autism Spectrum Disorder

There is no cure for autism spectrum disorder. It can be treated by a health professional, with therapy, training, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many antidepressant medications available to treat depression. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually

given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for autism spectrum disorder can have different medication combinations. The medicine can reduce autism symptoms. It will depend on the individual how the medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help maintain the autism symptoms better. There are organizations to help and give support for individuals living with autism spectrum disorder.

Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder is also known as PTSD. When someone mentions or hears of this disorder, it is associated with a person being or fighting in a war. In the past, this disorder was related to individuals who had fought in World War I. Instead of Post-Traumatic Stress Disorder, they were referred to as being shell shocked. After World War II it was referred to as combat fatigue. Although these descriptions may be true, Post-Traumatic Stress Disorder can affect anyone, not just someone that has been in combat or war. It can range from a person experiencing some type of trauma, a disaster, a life threatening situation or any type of abuse. This disorder can be related to any type of stressful situation that a person experience.

There are four category symptoms a person can exhibit when suffering from Post-Traumatic Stress Disorder.

- Intrusion can be related to flash backs, memories, or dreams. A person can exhibit this symptom by reliving their ordeal they have gone through. It would as if they were still in an environment that was upsetting or traumatic.
- Avoidance is when a person can be reminded of their upsetting or traumatic experiences. They tend avoid places where there are flash backs, memories, or dreams.

- Alterations in cognition and mood can happen after the trauma has occurred. A person can have negative thoughts and feelings.
- Alteration in arousal and reactivity are symptoms of being irritable, angry, having outbursts, behaving recklessly or being self-destructive.

Living with post-traumatic stress disorder can have effect on the person's life. It can interfere with a person not being able to live and function normally. They

Treatment for Post-Traumatic Stress Disorder

While there is not cure for post-traumatic stress disorder it can be treated. The health professional can treat symptoms with therapy, support groups, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many medications available to treat this disorder. The health professionals can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. The medicine can reduce or alleviate symptoms of the disorder. It will depend on the individual how long medication will be administered. There are organizations to help and give support for individuals living with post-traumatic stress disorder.

Mania or Manic Episode

The Diagnostic and Statistical Manual of Mental Disorders describes a manic episode as a distinct period during which there is an abnormally and persistently elevated, expansive, or

irritable mood. This period may last a week, a month, or longer. It is according to how bad the episode is for the patient. In some cases, hospitalization may be required. When a person is having a manic episode, there will be changes in their mood and behavior. The mood can become upbeat, cheerful even fidgety. They can experience inflated self-esteem, hyperactivity, increased energy, irritability, easily distracted, very talkative, become paranoid, decreased mood to sleep to no sleep at all. The episode can begin quickly. It can be triggered by stress, life events, or something that happens.

In some cases, people can become delusional or hallucinate. These symptoms are when a patient is experiencing psychosis. The patient will not know what is real and what is not. They lose contact with reality. Different things can affect a person's mind. There is no specific cause for psychosis, but there can be certain things that trigger an episode. Usually when a person is experiencing psychosis, it is associated with a bipolar disorder or schizophrenia. WebMD suggests there are different types of mania including dysphoric, hypomania, and cyclothymia.

- dysphoric mania as a person having depression and mania at the same time. It can be called mixed mania, mixed episode mixed features or having a mixed state. These symptoms may last a week, a month, or longer. Usually when a person is experiencing mania, it is associated with a bipolar disorder or schizophrenia. When a patient experiences dysphoric mania, a person has a high risk of suicide. It should be treated by a health professional, with therapy, and medication. The health professional or psychiatrist can best determine what medication is best suited for their patient. Other treatments include deep brain stimulation in which electrodes are implanted in areas of the brain. Repetitive transcranial magnetic stimulation involves an electromagnet to stimulate nerves in the brain. Vagus nerve stimulation involves inserting a device that sends

electric pulses to the brain through the vagus nerve. The health care professional can recommend the patient and their family to educate themselves to manage the disease.

Making oneself familiar and aware of signs and symptoms of the disease.

- Wikipedia defines hypomania as meaning under mania or less than mania. This mood is when there are changes in a patient. They can become upbeat, cheerful even fidgety. This can be recognized by a person that is acting differently than they normally would. This period may last a week, a month, or longer. Usually when a person is experiencing mania, it is associated with a bipolar disorder or schizophrenia. The patient will need to be evaluated by their primary care physician or a health care professional. They can best determine what medication is best suited for their patient.

Treatment for Mania or Manic Episode

Mania or Manic Episode can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care physician or a health care professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many antidepressant medications available to treat depression. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for or Mania or Manic Episode can have different medication combinations. The medicine can reduce or take away mania or manic episode symptoms. It will depend on the

individual how long medication will be administered. These combinations can also help treatment of a person experiencing psychosis or psychotic episode. If caught early, the medicine can also take away or eliminate the symptoms of psychosis. It will depend on the individual how long medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help manage or prevent these symptoms. There are organizations to help and give support for individuals living with mania and manic disorders.

Eating Disorders

Anorexia nervosa and bulimia nervosa are the most common types of eating disorders. Anorexia nervosa also known as anorexia. This is when a person starves themselves to lose weight. The patient can be hungry but refuse to eat in fear of gaining weight. This disorder is very dangerous and can be life threatening. It is unknown what causes anorexia, but anyone can experience this disorder. It is most common in female patients than it is in male patients. It can be contributed to genetics, cultural factors, psychological factors, or a combination of all. Starvation is usually a sign there is a problem, but it is not the only symptom to look for. Normally starvation, with the fear of gaining weight and body image would be the most common symptoms to look for with this disorder. The patient can also have symptoms of fainting, hair loss, and constipation. In females there could be a lack of the menstrual cycle.

Bulimia nervosa is when a person binges or overeats excessively in a short period of time followed by guilt or shame. Once the food has been eaten, they then in turn does something to attempt to get rid of the food. The most common is to induce vomiting or using laxatives. In the patient's mind, vomiting helps to get rid of the food quickly. Getting rid of the food, then no weight can be gained. When bingeing occurs, it is normally done secretly or privately. It can occur daily, weekly, or anytime. This disorder is not life threatening but can cause severe

complications. It is unknown what causes bulimia, but anyone can experience this disorder. It can be contributed to genetics, cultural factors, psychological factors, or a combination of all. The patient that experiences these symptoms can be overweight, obese, a normal weight or even underweight. When underweight and the patient is experiencing these symptoms can also be anorexic. The patient can also have symptoms of fainting, unexplained empty containers of food wrappers, or frequent trips to bathroom may.

Treatment for Eating Disorders

Eating Disorders can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care physician or a health care professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many medications available to treat these eating disorders. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for these eating disorders can have different medication combinations. The medicine can reduce or take away symptoms. It will depend on the individual how long medication will be administered. In some severe cases of anorexia, hospitalization may be necessary to treat this disorder especially if a life threatening situation has occurred. The health care professional will be able to monitor the patient closely. Also, the health care professional can recommend the patient and their family members to seek help with outside organizations to help and give support for

individuals who suffer from this disorder. There are organizations to help and give support for individuals living with eating disorders.

Schizophrenia

Schizophrenia is a mental health disease that affects the brain. It is a chronic brain disorder that is not curable. The Lange Medical book of current medical diagnosis and treatment describes schizophrenia as a massive disruption of thinking, mood, and overall behaviors. It is unknown what causes schizophrenia in individuals but can be a combination of several things. Genetics, stress, alcohol, drug usage, psychological and environmental factors can be some of the factors that makes a person susceptible to schizophrenia. It effects both male and females but may affect males in an earlier age. It can be diagnosed in a teen patient to patients that are in their thirties. When someone is suffering from schizophrenia, there are signs and behaviors to look for. They can develop slowly over time and last for a weeks, months, and years. The symptoms can occur in stages. In stage one, the symptoms start to show up. In stage two, the symptoms are starting to become more apparent. In stage three, the patient is starting to recover. They begin to get back to their old self but are still showing signs and symptoms of schizophrenia.

The symptoms of schizophrenia fall into three categories. They are psychotic, negative, and cognitive symptoms. As the symptoms progress, family and friends may start to notice some changes or strange behavior. Some patients will exhibit hallucinations, become delusional, problems speaking, and thinking clearly. They also can withdraw socially, have a lack of emotion, interest. or drive These symptoms are the prodromal and active phases of schizophrenia. When the patient starts to recover and go through the recovery phase, the changes and behavior symptoms begin to gradually disappear or not be as noticeable as before.

If symptoms are not treated, it can interfere with a person's day to day living and being able to live normally.

Treatment for Schizophrenia

Although there is no cure, schizophrenia can be treated. Individuals can live a productive life with this disorder with the help of a health professional, therapy, and medication. The patient is evaluated by their primary care, health professional or psychiatrist. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background.

The examination can help identify signs and symptoms of the problems. The professional can order images of the brain such as a magnetic resonance (MRI). The images can be reviewed and studied. This can help determine if anything is going on within the brain contributing the condition. Getting behavioral and psychological therapy along with medication is recommend in treating this condition. There are medications available to help manage this disease. The health professionals can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust medications accordingly. The medicine can help individuals live a productive life. It will depend on the individual how the medication will be administered. The American Psychiatric Association states people with schizophrenia are at a greater risk of abusing or misusing drugs. If drug misuse is occurring, the professional may treat the addiction along with treating the schizophrenia. It is recommended the patients' family members be informed and seek information on the disease, as it can be difficult caring for someone with this disease. There are organizations to help and give support for individuals living with schizophrenia.

Schizoaffective Disorder

Schizoaffective disorder is a mental health disease that affects the brain. It is a chronic brain disorder that can cause an imbalance. It is a disorder that is not curable. The Lange Medical book of current medical diagnosis and treatment describes schizophrenia as a massive disruption of thinking, mood, and overall behaviors. It describes schizoaffective disorder as a group of symptoms manifested by massive disruption of thinking, mood, and overall behaviors. Schizoaffective disorder is a combination of schizophrenia and bipolar disorder. It can be confused with bipolar disorder as both have similar symptoms. The patient can exhibit depression or a mood disorder along with becoming manic. It effects both male and females but may affect females more than males. It can be diagnosed in a teen patient to patients that are in their thirties. The disease is rare in young children. It is not known what causes the disorder, but it could be combination of things that plays a role in the disease. Genetics, a chemical imbalance, drug usage, psychological and environmental factors can be some of the factors that makes a person susceptible to schizophrenia. The disease usually

Treatment for Schizoaffective Disorder

Schizoaffective disorder can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care of health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. Also imaging of the brain such as a magnetic resonance (MRI) can be ordered. The images can be reviewed and studied to help diagnosis this disease. There are many medications available to treat

schizoaffective disorder. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for schizoaffective disorder can have different medication combinations. The medicine can reduce or take away the symptoms. It will depend on the individual how long medication will be administered. If therapy and medication is not helping the patient, the health care professional can recommend the patient having electroconvulsive therapy or ECT. It involves a patient going under anesthesia and electrical stimulation or currents are sent through the brain. This therapy causes a change in the chemical of the brain and can help minimize the symptoms of this disease. It may take more than one treatment before a difference is noticed. It is recommended the patients' family members be informed and seek information on the disease, as it can be difficult caring for someone with this disease. There are organizations to help and give support for individuals living with schizoaffective disorder.

Body Dysmorphic Disorder

Body dysmorphic disorder or BDD was also known as dysmorphophobia. It is a mental health disorder that can affect anyone. The Lange Medical book of current medical diagnosis and treatment describes body dysmorphic disorder as a preoccupation with a defect in appearance. The individual can have unwanted obsessions with certain thoughts or ideas. The individual can have an obsession or preoccupation with their body image or their physical appearance. The patient sees flaws and imperfections. What the individual sees are things that aren't visible to others only to the individual. They may even consider themselves as being ugly. When someone hears the body dysmorphic disorder, they can associate the disorder with someone thinking they

are too heavy or too fat. There is a fear of gaining weight and body image. Looking at themselves in the mirror, feeling self-conscious about appearance, or looking for ways to improve appearance would be some of the symptoms to look for with this disorder.

With this disorder, people have issues like that of a person with obsessive compulsive disorder. They can experience repetitiveness, compulsions, and obsession. Not being able to carry out repetitiveness, compulsions, and obsession can have an effect. It can cause a person to become upset or agitated. It is unknown what causes body dysmorphic disorder, but anyone can experience this disorder. It may be contributed to or related to issues with the brain. Genetics, psychological and environmental factors can be some of the factors that makes a person susceptible to this disorder. It effects both male and females. It is usually diagnosed in a teen patients and young adults.

Treatment for Body Dysmorphic Disorder

Although there is not a cure for body dysmorphic disorder, it can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care of health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The health professional can recommend getting behavioral and psychological therapy along with medication. There are medications and selective serotonin reuptake inhibitors (SSRIs) available for treatment. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for anxiety can have different

medication combinations. The medicine can reduce or take away anxiety symptoms. It will depend on the individual how long medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help get rid of body dysmorphic disorder symptoms. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. The medicine can reduce or take away the symptoms. It will depend on the individual how long medication will be administered. Along with medication the professional can suggest cognitive behavior therapy or CBT. This type of treatment modifies or help people change what they believe to be real. The therapy helps change their thought process. It can help them understand why they think they way they do. The treatment can help individuals cope with their feelings. This can help concentrate on the problem or why they think there is a problem. The health care professional can recommend the patient and their family members seek help with outside organizations to help and give support for individuals who suffer from this disorder. There are organizations to help and give support for individuals living with body dysmorphic.

Seasonal Affective Disorder

Seasonal affective disorder is also known as SAD. When someone refers to this disorder, it is normally associated with the winter blues. It can also be referred to as sun downers disease. It is a mental health disorder that occurs during a season. It is a form of depression and mood disorder that can affect anyone. Most people usually experience seasonal affective disorder during the fall and winter months. But there are some rare occasions that this disorder can occur during the spring and the summer.

During the winter months the daytime hours are shortened, there is less sunlight, and it gets dark early. These occurrences can cause issues with chemical levels called brain called

neurotransmitter and the hormone levels called melatonin. The neurotransmitters carry signals back and forth to the brain. When these signals are out of balance or insufficient, it can cause problems. Melatonin is a sleep hormone that can contribute to depression. During these months, the external and internal clock rhythms along with the sleep pattern can get out of balance. The body can get out of sync of what it is used to. Once this occurs, this can become an issue and contribute to the depressed mood.

Treatment for Seasonal Affective Disorder

Seasonal affective disorder can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care of health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. Depending on the symptoms, the professional can recommend getting behavioral, psychological, and phototherapy or bright light therapy along with medication. There are many antidepressant medications available to treat depression and mood disorders. The health professional or psychiatrist can best determine what treatment or medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for seasonal affective disorder can have different medication combinations. The medicine can reduce or take away symptoms. It will depend on the individual how long medication will be administered. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. In addition to taking medication, professionals have recommended trying bright light therapy for treatment of this

disorder. It has been effective in reducing symptoms. It is recommended the patients' family members be informed and seek information on the disease. There are organizations to help and give support for individuals living with seasonal affective disorder.

Trichotillomania

Trichotillomania is the recurrent pulling out of one's own hair that results in noticeable hair loss. (p. 618) It also known as hair pulling. It is a mental health disorder that involves pulling out hair. When a person suffers from this disease, they have an over whelming urge to pull out hair. The hair pulling can be from any part of the body that has hair growth. It can occur briefly, through the day or can last for long periods of time. The most common sites are the scalp, eyebrows, eyelids, or eyebrows. This disorder can affect anyone. It can affect children equally. In adults, it affects females more than males. This disorder can be contributed to or related to issues with the brain. Genetics, stress, psychological and environmental factors can be some of the factors that makes a person susceptible to this disorder. This disorder is normally not given a diagnosis alone. It associated within a diagnosis such as depression or obsessive-compulsive disorder. Depression is one of the most common issues in mental health. A person can have difficulty concentrating, thinking and unable to make decisions. This can lead to the unwanted obsessions like pulling hair. With obsessive compulsive disorder, the individual can have unwanted obsessions with certain thoughts or ideas.

Treatment for Trichotillomania

Although there is not a cure for trichotillomania, it can be treated by a health professional, with therapy, and medication. It can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask

questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are medications available to help treat trichotillomania. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for trichotillomania can have different medication combinations. The medicine can reduce or take away the symptoms. The symptoms may reoccur if medication is stopped. It will depend on the individual how long medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help reduce stress. Especially things that will trigger the hair pulling. Deciding to exercise daily or taking time to relax are examples of making a change. Also, there are organizations to help and give support for individuals living with trichotillomania.

Self-Injury

Self-injury can be cutting, hair pulling or burning oneself. When someone refers to this disorder, it is normally associated with someone cutting themselves. This is a mental disease disorder when a person inflicts pain, mutilates, or harm themselves. This is how an individual's deals or cope with their issues or problems. It is unknown what causes someone to want to harm themselves, but anyone can experience this disorder. It is most common in female patients than it is in male patients. It can be contributed to genetics, cultural factors, psychological factors, or a combination of all. It can be associated with depression or obsessive-compulsive disorder.

Treatment for Self-Injury

Treatment for self-injury can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. Depending on the symptoms, the professional can recommend getting behavioral, psychological therapy along with medication. There are many antidepressant medications available to treat this disorder. The health professional or psychiatrist can best determine what treatment or medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for self-injury disorder can have different medication combinations. The medicine can reduce or take away symptoms. It will depend on the individual how long medication will be administered. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. It is recommended the patient and their family members seek help with outside organizations to help and give support for individuals who suffer from this disorder. There are organizations to help and give support for individuals living with body dysmorphic disorder.

Psychosis

Psychosis is a mental health disease that affects the brain. It is a chronic brain disorder that can cause an imbalance, a massive disruption of thinking, mood, and overall behaviors. Normally psychosis is associated with depression, bipolar, schizophrenia, and schizoaffective disorders. It is unknown what causes a person to experience psychosis but can be a combination

of several things. Genetics, stress, alcohol, drug usage, psychological and environmental factors can be some of the factors that makes a person susceptible to this disorder. It can also be caused by a medical condition, taking medications, or drug usage. There are signs and behaviors to look for. They can develop quickly and last for a few days to a few weeks. As the symptoms progress, family and friends may start to notice some changes or strange behavior. Some of the signs to look for when a person is exhibiting psychosis:

- Hallucinations, hearing voices and seeing things that are not there
- Delusions
- A change in their personality
- Disorganized speech or writing
- Strange body movements
- Being disorganized or catatonic

It effects both male and females, children, and adults. There are three stages a person goes through when experiencing psychosis. The prodromal phase, the symptoms start to show up. The acute phase, the symptoms are starting to become more apparent. The recovery phase, they begin to get back to their old self but are still showing signs and symptoms. The changes and behavior symptoms begin to gradually disappear or not be as noticeable as before. If symptoms are not treated, it can interfere with a person's day to day living and being able to live normally.

Treatment for Psychosis

Psychosis can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs

and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many medications available to treat this disorder. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for psychosis can have different medication combinations. The medicine can reduce or take away anxiety symptoms. It will depend on the individual how long medication will be administered. There are organizations to help and give support for individuals living or dealing with psychosis.

Phobias

Phobias are a fear or a belief in something. They fall into groups: specific, social phobia or agoraphobia. Diagnostic and Statistical Manual of Mental Disorders defines these phobias as:

- Specific or simple phobias is a persistent fear of clearly discernible, circumscribed objects or situations. (p. 405) This is the most common type of phobia. This can be a fear of anything. Examples being a fear of snakes, heights, or thunderstorms. No one knows what causes t these fears, but they can start in childhood. Some of the fears can continue well into adulthood while other fears can disappear.

- Social phobia is a persistent fear of social or performance situations in which embarrassment may occur. (p. 411) This fear may be contributed to the person having low self-esteem or feeling of being inferior. Having social interactions in certain situations can cause anxiety with fear of being embarrassed. Examples of this phobia is having a fear of speaking in public or going on a date.

- Agoraphobia is anxiety about being in places or situations from which escape might be difficult, embarrassing, or panic like symptoms. (p. 396) With this phobia anxiety may occur along with panic attacks. Anxiety is an emotion that can be a feeling of uneasiness, unhappiness, or just plain fear. It can be triggered by emotions, stress, or trauma. Panic attacks is a discrete period of intense fear or discomfort. (p. 394) Example of this phobia is being in a crowded room or crowded elevator.

Genetics, stress, psychological, and environmental factors can be some of the factors that makes a person susceptible to these disorders.

Treatment for Phobias

Phobias can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many antidepressant medications available to treat phobias. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for phobias can have different medication combinations. The medicine can reduce or take away the symptoms. It will depend on the individual how long medication will be administered. The health care professional

can recommend to help get rid of organizations to help and give support for individuals living with phobias.

Postpartum and Postpartum Depression

Postpartum and Postpartum Depression can also be known as PPD. It can also be referred to as the 'baby blues. It is a mental health disorder that affects women after giving birth. The Diagnostic and Statistical Manual of Mental Disorders states this can be applied to major depressive, manic or mixed episode of major depressive disorder, bipolar I, bipolar II disorder or to brief psychotic disorder. Women can experience any of these symptoms four weeks after deliver of a child (p. 386) Depression is at the known as a depressive or a mood disorder. It is one of the most common issues in mental health. People can experience different types of moods when it comes to depression. There are several symptoms, and they can vary when it comes to depression. Experiencing a manic episode as a distinct period during which there is an abnormally and persistently elevated, expansive, or irritable mood. (p. 328) This period may last a week, a month, or longer. It is according to how bad the episode is for the patient. In some cases, hospitalization may be required. When a person is having a manic episode, there will be changes in their mood and behavior. Bipolar disorder is a mental disorder that can affect a person's ability to function properly. It can cause an imbalance in a person's brain. There are three different types of bipolar disorders. They are bipolar I, bipolar II and cyclothymic disorder. When a person is experiencing psychosis, it can affect the brain. It is a chronic brain disorder that can cause an imbalance, a massive disruption of thinking, mood, and overall behaviors. Normally psychosis is associated with depression, bipolar, schizophrenia, and schizoaffective disorders. Some mothers may experience symptoms that include:

- Not being interested or uninterested in their baby. They may have a hard time bonding with their child.
- Crying excessively, at times for no reason to cry.
- Loss of pleasure.
- Trouble concentrating.

There is not a cause for postpartum or postpartum depression. Stress, chemical, social psychological, and environmental factors can be some of the factors that makes a new mother susceptible to this disorder.

Treatment for Postpartum and Postpartum Depression

Postpartum and Postpartum Depression can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication.

There are test that can be administered to help with the diagnosis.

- Edinburgh Postnatal Depression Scale (EPDS) is a questionnaire developed to assist to identify symptoms of depression and anxiety in antenatal period.
- 2-Question Patient Health Questionnaire (PHQ-2) is the first two questions of the PHQ-9. It was developed to assist to identify symptoms of depression.
- 9-Question Patient Health Questionnaire (PHQ-9) is a questionnaire developed to assist to identify symptoms of depression based on diagnostic criteria for depression.

There are many antidepressant medications available to treat depression. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for anxiety can have different medication combinations. The medicine can reduce or take away anxiety symptoms. It will depend on the individual how long medication will be administered. The health care professional may recommend things to do after bringing home their new baby. The patient can join organizations to help and give support for mothers that are going through these issues.

Unspecified Mental Health Disorders

Mental illness can be diagnosed just like any other illness. It can affect people in many ways. There is no exact known reason or cause of why people suffer from mental issues. There has been research done and it is suggested it's a combination of a lot of things. It can be contributed heredity, biology, learned behavior, psychological trauma, social and environmental stress. Any of these factors can have a determination on a person's mental health. There are times when a mental disease disorder doesn't fall under a certain category. The unspecified category is for mental health disorders that do not meet criteria of any other mental health disorders. The Diagnostic and Statistical Manual of Mental Disorders states disorders may fall under unspecified disorders:

- For a specific disorder not included in the Diagnostic and Statistical Manual of Mental Disorders classification.
- When none of the available not otherwise specified categories are appropriate.

- When it is judged that a nonpsychotic mental disorder is present but there is not enough information available to diagnose in one of the categories provided in the classification.

It is unknown what causes mental illness. . Genetics, a chemical imbalance, drug usage, psychological and environmental factors can be some of the things that makes a person susceptible to any mental health issues. There are a lot of symptoms to look for when it comes to any mental health disorder. It can occur at any time in a person's life. It can start at childhood, during the teen years and continue well into adulthood. Mental health disorders can be controlled and maintained. It will depend on the individual.

Treatment for Unspecified disorders

Mental health disorders can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. The professional can recommend getting behavioral and psychological therapy along with medication. There are many medications available to treat mental health disorders. The health professional or psychiatrist can best determine what medication is best suited for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treatment for these disorders can have different medication combinations. The medicine can reduce or take away anxiety symptoms. It will depend on the individual how long medication will be administered. The health care professional can recommend the patient making changes in their lifestyle to help

maintain, control or get rid of mental health symptoms. Deciding to exercise daily or taking time to relax are examples of making a change. There are organizations to help and give support for individuals living with mental health disorders.

Suicide Attempt

A suicide attempt is when someone tries to end their life, but it doesn't happen. They take matters into their own hands and cause harm to themselves. When a person attempts suicide, it should not be overlooked. Any attempt should not be dismissed or taken lightly. This is a cry for help. It is the first signs of knowing something is wrong or something is not right in a person's life. It is noted on the Mental Health America website, 30 to 70 percent of suicide victims suffer from major depression or bipolar (manic-depressive disorder). (MHA) Bipolar disorder is a mental disorder that can affect a person's ability to function properly. It can cause an imbalance in a person's brain. Along with this disorder a person can become manic or have a manic episode. When a person is having a manic episode, there will be changes in their mood and behavior. There are signs to look for if a person is needing help. It does not mean they are thinking about suicide, but it is best to be aware of any signs or symptoms. The signs to look for per National Institute of Mental Health are:

- Verbal suicidal threats or talking about suicide.
- A previous suicide attempt.
- Depression.
- Personality or emotional changes.
- Giving away possessions.
- Use of drugs or alcohol.

The National Institute of mental Health names five steps to help someone in emotional pain:

- Ask the person the question, are you thinking about killing yourself? Keep them safe.
- Keep items that can be lethal away from the person and keep them in a safe place.
- Be there. Listen, talk, and acknowledge the persons feelings.
- Help them connect. Help the person reach out to trusted individuals or organizations for help.
- Stay connected. Stay in touch and contact the individual after their crisis is over.

Treatment for Suicide Attempt

Treatment for a suicide attempt can be treated by a health professional, with therapy, and medication. The patient is evaluated by their primary care or health professional. The professionals can conduct a physical examination. They can interview patients, ask questions about past and present issues along with exploring the family medical background. The examination can help identify signs and symptoms of the problems. Depending on the symptoms, the professional can recommend getting behavioral, psychological therapy along with medication. They can try Cognitive behavioral therapy or CBT. It may be introduced as a treatment for this disease. The health professional can use a technique known as response prevention. While focusing on a problem or situation, patients are put in uncomfortable situations. The person is exposed to a situation that can a reaction to their obsessive thoughts or behavior. This is to have the patient avoid engaging in behaviors they normally would do in an uncomfortable situation. The patient can see they can remain in their uncomfortable situation without anything bad happening. This type of therapy may not be for everyone as it may increase anxiety in individuals causing more harm than good. Also, Dialectical Behavior Therapy or DBT can be recommended. There are many antidepressant medications available to treat this disorder. The health professional or psychiatrist can best determine what treatment or medication is best

suiting for their patient. The medications are usually given in low dosage when treatment is first started. Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. Treating a person that has attempted suicide can have different medication combinations. The medicine can reduce or take away suicidal symptoms. It will depend on the individual how long medication will be administered.

Medications can be increased if no improvement of symptoms. The health care professional will monitor and adjust accordingly. It is recommended the patient and their family members seek help with outside organizations to help and give support for individuals who suffer from this disorder. There are organizations to help and give support for individuals who have attempted suicide. If anyone is thinking about or contemplating suicide, there is a national suicide prevention lifeline phone number and online crisis chat available.

Suicide

Mental disorders can come in different forms. Suicide is the worst part and is the most hurtful of mental illness. This is what happens when someone feels there is no other way or no way out to deal with their problems. They take matters into their own hands and cause harm to themselves. They choose suicide as the result. A suicide attempt is when someone tries to end their life, but it doesn't happen. When a person commits suicide that means their attempt worked.

Per the Centers for Disease Control and Prevention, suicide is a serious public health problem. Suicide is the leading cause of death in the United States. In 2020, there were 45,979. This is one death every 11 minutes. Suicide rates increased 30 percent between the years 2000-2018 but it declined in 2019 and 2020. In 2020, suicide was one of the top nine leading causes of death for people between the ages of 10 and 64. It was the second leading cause of death for people between the ages of 10 and 14, also between 25 and 34. (CDC)

There are ways in which to prevent suicide. The National Institute of Mental Health list the signs as:

- Verbal suicidal threats or talking about suicide.
- A previous suicide attempt.
- Depression.
- Personality or emotional changes.
- Giving away possessions.
- Use of drugs or alcohol.
- Talks of being a burden

These signs are a cry for help. Any of the examples listed are the first signs of knowing something is wrong or something is not right in a person's life. When an individual is having any issues, any of these signs are observed or noticeable, it may be up to the individual's family or friends to suggest the person seek professional help. They can recommend getting behavioral and psychological therapy. The health professional or psychiatrist can best determine what is best suited for their patient. When a person turns to suicide as a way out to deal with their problems there is not any coming back and there are no second chances. This is the end of a life. No one knows why a person chooses to end their life, they are not here to ask. When a person attempts suicide, it should not be overlooked. Any attempt should not be dismissed or taken lightly. The best way to stop suicide is to prevent it from happening. There also organizations, help lines websites available 24 hours a day, 7 days a week for people who has attempted and considering suicide. There are also organizations to help people who have had someone to end their life due to suicide.

The Effects of Mental Health

Noted in Mentalhealth.gov describes mental health as our emotional, psychological, and social well-being. The Centers for Disease Control and Prevention states mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make health choices. Mental health is important at every stage of life, from childhood, adolescence through adulthood. Our physical health should be included as a part in our overall well-being as a person. There is nothing like being a healthy, happy clear minded person. Being unhealthy can help contribute to controlling underlying mental conditions.

Our emotions contribute to our feelings, how we feel about things. Psychological emotions contribute to how will handle situations and our actions towards things. Social emotions contribute to how we act around other people. Our health contributes to all those emotions. Having a healthy body can have an effect and contribute to our overall mental health. Mental health is a problem that is steadily rising in all cultures, and it is becoming something that needs to be discussed. Awareness needs to be brought to the attention to everyone. It needs to start in the home. In the journal article, Call to Action: Family Therapy and Rural Mental Health, it reiterates there are several disparities in a rural community.

Rural Communities

Per the U. S. Census Bureau of 2010, people in rural areas make up almost 20 percent of the population in the United States. (Jensen 2017) The funding for mental health in the rural areas are well behind. There are many differences in the rate and the severity of mental illness in rural areas. The quality of mental health would be poor compared to other areas. There is depression, substance abuse, domestic violence, child abuse and suicidality (Eberhardt and Pamuk 2004; Smalley et al. 2010).

Rural Black Communities

In the article written by William W. Dressler from the University of Alabama, there was data collected from a black community in Alabama with a population of 75,000 with 90 percent being African American. The community was extremely diverse with different statuses. The research was done during the 1981 and 1982 recession. Mental illness could be attributed to what was happening economically then. In the community depression, life events and chronic stressors were examined. It showed people in the black community turned to their family for support. Also, the stress of the times made people turn to outside sources to help deal with their issues instead of seeking professional help. This article was published in back in 1985. Compared to the years 2020 to 2022, the Pandemic can be considered a recession. It has affected many people financially and mentally. In some instances, people in the black community still look to their own people and their own sources for support instead of seeking help. Rural areas have received little attention in the mental health field. Researchers are looking to explore rural individuals, families, and the communities. Exploring these communities can be beneficial in helping to move towards understanding some of the mental health barriers that exist.

Disparities

One example is there is a shortage of psychiatrist in communities. Although there is a shortage, some psychiatrists are learning the differences in attitudes beliefs and behaviors in different cultures. This is called cultural tailoring. (Geobert 2014) There are still will be problems when providing mental health care to these patients. But by learning these differences, the providers can get a better understanding of people with different cultures. There is still more research to be done on cultural tailoring. The continued research will improve in provide patient care.

The first thing a person must do, is to acknowledge they need help. I think that is the first step to self-help. A person should be taught at a young age that it is okay to reach out for help.

Suicide is the second leading cause of in adolescents in the United States. In children between the ages of five to eleven, it is the eleventh leading cause of death. Suicide deaths in black children increased from 1.35 per million to 2.54 million between 1993 to 2012. The main methods used in the suicides was from hanging and suffocation. Most of the victims were boys compared to girls. This was the first study that found suicide for blacks where higher than whites. (Editorial 2015) If we are taught that it is okay to ask for help, there may be less drug usage or criminal activity. Mental health in the black community does exist. People need to learn to look for signs within themselves as well as others. If a person feels there is a problem, then they should get help. If someone feels there is a problem with a family member, then try to get them help.

African American people have a tendency not ask or get help when mental health issues arise.

The reasoning behind this can be

- There is a misunderstanding of what a mental health professional does.
- Some people will turn to religion and pray for the lord to give them strength to deal what they are going through.
- Some people are hesitant to find or go to a mental health professional. A fear of the doctor. A fear of medications.
- Trust, mistrust, and a lack of trust. Some people just do not trust a professional to care for them especially if it has to do with their emotions.

All these reasons contribute as to why African Americans tend to not seek out help. Sometimes turning to family and friends help. But this is not always the best-case scenario. It should not

matter to what other people think. If you need help, then seek it. It is not anybody's business when it comes to oneself. Whether it be financial, spiritual, or mental, sometimes we can use a little help. Seeking out help is the first step toward healing yourself. Mental Health is a subject that some people in the African American community do not want to discuss. But the fact remains it does exist, and people should be willing to talk about it more.

Barriers

Some African American people suffer from mental illness because of the way have been treated. This is true for the past as well as the present. With some of the situations that are going on today, some will still suffer in the future as well. African Americans have faced many obstacles including racism and violence. This contributes as to why 20 percent of black people will suffer from some type of mental illness. This is 20 percent more than white people. Being treated badly, being called names, and being beaten can and will influence anyone's mental health. (UWIRE 2017) In the past, people were not likely to seek help because they would be judged. Therefore, some people choose to deal with or cope with mental health issues in their own way. Slavery can be used as an example for post-traumatic stress disorder. Ebony magazine uses the article "Black Folks and Mental Health: Why do We Suffer in Silence?" by Nia Hamm. Although slavery happened in the past, it is a good example was how the slaves were treated. They were beaten, suffered from violence, and were abused. A person not being able to overcome these issues would be labeled as weak. This can be contributed why some black people don't want to get help for their mental health needs started. It began here and was adopted throughout generations. Some of the older generation still have this same mentality now in 2020's. Some feel if they need help, they are labeled as weak, they cannot handle their business,

and they cannot make it the world. These clichés are some of the reasons as to why people do not seek help.

Barrier Examples

There are barriers that are preventing patients from getting quality care. The three main reasons are availability, accessibility, and the acceptability of services. (Crosby 2012) The definition of availability is the quality of being able to be used or obtained. (Oxford Language online dictionary) In some areas there is a limit of the services available. There is a shortage of mental health professionals in rural areas. Especially psychiatrist. Psychologists are accessible but psychiatrists are not. One of the reasons there could be a shortage of psychiatrist. is due to the compensation. Another reason could be by practicing in a small area, there is not a lot of room for advancement. There is not a lot of things to do to attract professional to a rural area when it comes to social life. Also living in a small area may be a problem with professionalism and confidentiality. Normally living in small areas, everyone knows everyone and knows everyone's business. It could be hard to set up a practice especially if the clients are their friends and neighbors. Living in or near a heavy or populated area can give the ability to set up a practice without having to worry about confidentiality and professionalism. This could be some of the things that may keep professionals from looking at practicing in rural communities.

Accessibility is defined as the quality of being able to be reached. (Oxford Language online dictionary) Poverty, distance, and financial issues can be examples as to why people have problem getting help. Several other disparities may come in to play such poverty. There are some people living below poverty level. Living in poverty is a stressor within itself. Also, some small communities do not have a lot of options as far as public transportation. People will need funds to see their provider. If traveling, there will be a distance, they need as gas money. They may

need co-pays to see a health care provider. Some may need to miss a day work to go to their appointment to be seen. All of these can be a financial burden on the patient. If a person has mental health issues, these may be some reasons a person does not seek help.

Acceptability is defined as the quality of being tolerated. (Oxford Language online dictionary) Living in a rural area and seeking help for mental health issues can have a negative impact on a person. It can impact the individual seeking help, their families, and the community. People know mental health does exist. It can be hard for people to accept. People in small communities do know each other or could be recognized by others. They are afraid to seek out help for fear it would not be kept private or confidential. They could be labeled as being weak or not being able to handle the problems. I do not think this should be a reason to get help. The Health Insurance Portability and Accountability Act (HIPAA) law protects people from their information being disclosed. Per the Center of Disease Control and Prevention, the HIPAA rule protects all an individual's health information from being disclosed without the patient's consent or knowledge.

There are social determinates to keep some people from getting the help they need.

- Access to medical care. It may be hard for some to access medical care due to their living area, the color of their skin or even their social status. It could be said that a person's status in society can determine the type of treatment received. Especially when it comes to mental health.
- Housing and transportation. It may be hard for some to access medical care due the living arrangements. People who live in large metropolitan areas may have easier access to health care than those living in small rural areas. Larger areas with an excessive amount of people may find it easier to find resources to help with their mental health needs.

People who live in smaller rural areas may find it hard finding a way to a health care provider.

- Socioeconomic status. Unfortunately in today's society, a person's socioeconomic status can have an effect and determine what type of treatment a person receives. This can be true as far as medical and mental health issues.
- Culture and ethnicity. A person's culture can have an effect in the way a person receives treatment for their medical and mental health issues. With there being many cultures and a diverse population, rendering healthcare may play a role in determining how to treat or care for people. Especially when it comes to mental health. Healthcare providers may have an opinion of a person before they are seen due to the color of their skin or their background.

These determinates are true for any race but it can be especially true in some black communities.

Mental health does not discriminate

In all of the mental disorder descriptions, there was no mention of mental health not affecting a certain person because of the race, color of their skin or culture. In the end, mental health does not discriminate against anyone, if you are human you may be susceptible in experiencing any of the mental health disorders.

Conclusion

The first thing a person must do, is to acknowledge they need help. This is the first step to self-help. A person should be taught at a young age that it is okay to reach out for help. Suicide is the second leading cause of in adolescents in the United States. In children between the ages of five to eleven, it is the eleventh leading cause of death. Suicide deaths in black children increased from 1.35 per million to 2.54 million between 1993 to 2012. The main methods used in the

suicides was from hanging and suffocation. Most of the victims were boys compared to girls.

This was the first study that found suicide for blacks where higher than whites. (Editorial 2015)

If a person is taught as a child in the black community, that it is okay to ask for help, there may be a lot more acceptance that mental health does exist. People need to learn to look for signs within themselves as well as others. If there is a problem, then the individual should get help. If someone feels there is a problem with a family member, then try to get them help.

African American people have a tendency not ask or get help when mental health issues arise.

The reasoning behind this can be

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All these reasons contribute as to why some African Americans tend to not seek out help.

Sometimes turning to family and friends helps. But this is not always the best-case scenario. It should not matter to what other people think. If you need help, then seek it. It is not really anyone's business when it comes to oneself and self-care. Whether it be financial, spiritual, or mental, sometimes a person can use a little help. Seeking out help is the first step toward healing yourself. Mental Health is a subject that some people in the African American community do not want to discuss. But the fact remains it does exist, and people should be willing to talk about it more.

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