



Tuality Healthcare
Building a healthier community.
Center for Geriatric Psychiatry
Tuality Forest Grove Hospital
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info

mental health

What is Mental Illness?

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines. Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. Feeling environmental stresses, genetic factors, biochemical imbalances, or a combination of these may cause mental illnesses. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder. For others, it may be a lifelong challenge. There are more than 200 classified forms of mental illnesses. Some of the more common disorders are depression, bipolar disorders, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Most people believe that mental disorders are rare and "happen to someone else." In fact, mental disorders are common and widespread. They can strike anyone at any time. An estimated 51 million Americans suffer from some form of mental disorder in a given year. Sharing a home with someone

who has a mental illness may be difficult and stressful. Most families are not prepared to cope with this situation. It can be physically and emotionally trying, and can make us feel vulnerable to the opinions and judgments of others. If you think you or someone you know may have a mental or emotional problem, it is important to keep in mind the following:

- Mental illnesses are real, recognizable and treatable
- Early treatment may reduce the effects of a mental illness
- There is hope
- Help is available

Tuality Center for Geriatric Psychiatry offers screenings by members of our clinical team at no charge. The goal of our screening is to help determine the nature and severity of the problem and to present recommendations for the best course of action. We welcome calls and referrals from individuals who are in need of our services: families, physicians, community agencies, nursing homes, retirement communities and clergy. If you or someone you know is 60 years or older and in need of assistance for mental illness, call Tuality Healthcare Center for Geriatric Psychiatry at 503-359-6969.