



OUT OF THE ASHES CAME HOPE

CLARION

Serving The People Of The New Community Network

Family Service Bureau

Mental Health Awareness Month

One in five adults in the United States will experience a mental health condition in their lifetime, according to the National Alliance for Mental Illness. In reality, that number is much greater when you consider how individuals are impacted by mental illness through family and friends.

This year's theme for Mental Health Awareness Month in May was designated as "Risky Business" by Mental Health America.

The theme is a call to educate ourselves and others about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems. It is a way to encourage people to learn—without judgment—about behaviors and activities that could be harmful to recovery and help others determine if they too are showing signs of a mental illness. This effort will then help in early identification and prevention by identifying signs and symptoms early so that individuals can receive effective treatment as soon as possible.

As a mental health provider, the Family Service Bureau, an affiliate of New Community, encounters many individuals and families on a daily basis seeking treatment and understanding of mental illness. With two locations in Newark and Kearny, many of our clients seek treatment for depression, anxiety, ADHD, bipolar disorder, schizophrenia and substance abuse disorders. While the same services are provided at both locations, for many years the Kearny location has provided treatment for more chronic mental health issues. Conversely, Newark clients tend to address the same issues that may be intermittent or temporary depending on the trigger for the situation.

Currently, FSB staffs 12 clinicians and two psychiatrists, along with multiple interns who are enrolled in graduate or undergraduate programs, to serve our growing client population. Both doctors provide psychiatric evaluations and medication management for our clients who have mental health and substance abuse issues. One of our two doctors also provides treatment to youth who are 14 and older and works in both office sites.

FSB is currently working to make the sites in Newark and Kearny a Stigma-Free Zone, in partnership with other local agencies and municipal offices. In recent years, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people with them.

Mental health issues also impact our youth. According to the Centers for Disease Control, suicide is the third leading cause of death for young people between the ages of 10 and 24. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease combined. It results in approximately 4,600 lives lost each year.

When you or someone you love is dealing with a mental health concern, it can often feel like a lot to handle. However, it is important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. If you or anyone you know, identify with any of these symptoms and would like to speak to someone in confidentiality, please contact Family Service Bureau at 973-412-2056 to schedule an intake appointment.