

Fall
2014

FRONTLINE EMPLOYEE

MIIA Employee Assistance Program

Confidential Counseling

- Addiction
- Anxiety
- Depression
- Family Issues
- Grief/Loss

Resources & Referrals

- Legal
- Financial
- Child Care
- Elder Care
- Work/Life

Stress Management

- Personal Concerns
- Professional Issues

800.451.1834

To take a free,
anonymous mental
health screening,
go to:

www.mentalhealthscreening.org/screening/miiawellness



This issue:

- Depression in College: What Parents Should Know
- Don't Fall for Facebook Syndrome
- Parents' Power to Prevent Drug Abuse
- Overcoming the Emotional Impact of Physical Illness
- Suicide Prevention: Three Myths You Should Know

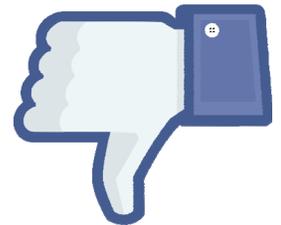
Depression in College: What Parents Should Know



Most young people heading off to college are eager to experience all it has to offer, but some will also experience clinical depression, a treatable mental illness that affects over 10 million adults, 9% of whom are between the ages of 18 and 25. If you're a parent, be aware of any family history of depression, which may increase your child's risk—spotting the disease early can lead to more successful treatment. You should also guard yourself against misconceptions about depression. Symptoms such as disorganization, loneliness, disappointment with classes, or the breakup of a former high school romance are all stresses and can cause sadness, but they are not root contributors to major depression, which is a disease. To intervene sooner, be aware of any period of two weeks or longer during which your child suffers from either a depressed mood or loss of interest/pleasure in school, and undesirable changes in sleep patterns, eating, energy level, concentration, and self-image. Mental health counseling is available on college campuses, and depression is a key complaint. Don't allow stigma to delay a referral to effective, professional help.

Source: www.nimh.nih.gov
[search: "college depression"]

Don't Fall for Facebook Syndrome



If one look at your Facebook page tells you that everyone else's life is more exciting and happier than yours, you are experiencing Facebook Syndrome. Social media has a direct bearing on how we feel about ourselves, according to a new study of 79 undergraduate students. Researchers discovered that being denied the use of Facebook or receiving fewer "likes" and "comments" negatively impacted the participants' self-esteem and feeling of "meaningful existence." Do you feel stressed, anxious, or have negative thoughts about yourself after using social media? Take steps to detach yourself from Facebook's assault. Even creator Mark Zuckerberg didn't mean for his invention to become a way of life—it is only supposed to be a utility. Do not use social media as a time filler, a way to validate your life's worth, or to prove how much happier others are than you. Realize most people do not post negative information, and as a result you're exposed to a selective set of information, which warps your perception. Step back from the screen and invest in real relationships—the 3-D kind that you can see and feel.

Source: www.uq.edu.au
[search: "Facebook self-worth"]

Fall
2014

FRONTLINE EMPLOYEE

MIIA Employee Assistance Program

Confidential Counseling

- Addiction
- Anxiety
- Depression
- Family Issues
- Grief/Loss

Resources & Referrals

- Legal
- Financial
- Child Care
- Elder Care
- Work/Life

Stress Management

- Personal Concerns
- Professional Issues

800.451.1834

To take a free,
anonymous mental
health screening,
go to:

www.mentalhealthscreening.org/screening/miiawellness



Parents' Power to Prevent Drug Abuse



Parents who disapprove of drug abuse and put their foot down are more likely to have teens who don't abuse drugs. Suffolk University (Boston, MA) researchers examined a national survey of more than 18,000 adolescents, and found that teens whose parents expressed strong disapproval of all types of substances (prescription drugs, alcohol, tobacco, and marijuana) were least likely to misuse prescription medicine—a growing teen problem. Combine disapproval with steering your teenager toward healthy behavioral choices. Talk about resisting peer pressure and discuss consequences. Encourage questions and dialogue. Research argues this approach will work better than “hoping for the best” or thinking you have no influence.

Source: www.wolterskluwerhealth.com
[search: “parental disapproval”]

Suicide Prevention: Three Myths You Should Know



The death of comic actor Robin Williams was a call for education about suicide. Approximately 100 people commit suicide per day in the United States. Dispelling myths is job No. 1. Myth 1: If you ask someone if they are having suicidal thoughts, you might prompt them to commit suicide. Fact: Asking about suicidal thoughts is the first step toward help. Myth 2: Life is precious, so being suicidal means you're psychotic or out of touch with reality. Fact: Suicidal persons are in a state of “being overwhelmed” or in pain that is caused by depression, grief, despair, trauma, or other life circumstances. Typically, suicidal persons can state the reasons they feel suicidal. Myth 3: Persons who talk about committing suicide are trying to manipulate others. Fact: Suicidal persons want the pain to stop, and most who do commit suicide said or did something prior to doing so that indicated their need for help. Learn more at www.cdc.gov [Search “suicide”].

Overcoming the Emotional Impact of Physical Illness

When you're diagnosed with a serious medical condition, both emotional effects and physical symptoms will contribute to your distress, and the emotional part can be the more difficult. It's normal to have negative feelings about your diagnosis, including anger, fear, depression, and guilt, but working through these feelings will help you better manage your condition and possibly improve your prognosis. Indeed, studies have shown that managing difficult feelings and emotions can develop hope, something critical in overcoming a serious condition. Talk about your anger with the people you love. Anger can mask other feelings, like fear, and talking with patient, loving listeners will help you find solutions to what's troubling you the most. Overcome fear by learning all you can about your condition, the treatment options, and ways to cope with it. And don't try to soldier through depression. Ask your doctor about medication, or see a professional counselor for support. Don't overlook the idea of a support group. Hundreds of support groups exist for almost every medical condition, and even online forums can provide you with a surprising level of support if you can't locate a specific type of group nearby. The right one can be the most powerful coping strategy of all.

