



OC In+Care

Newsletter for providers serving people living with HIV in Orange County

May is Mental Health Month

This issue of the In+Care newsletter is about the importance of discussing mental health and HIV with your clients.¹ Included in this newsletter are some local resources in Orange County that provide mental health-related services. Keep reading to find out more!

The Purpose of Mental Health Month is to educate people about what mental health feels like, support those with mental health conditions, and end the stigma around mental health. This is a good time to check on how your patients are feeling. Let your clients know the importance of maintaining their mental well-being as well as their physical well-being. When clients feel good, they are better at taking care of themselves physically and dealing with day-to-day issues.

Mental Health Impacts Everyone no matter their HIV status. However, people living with HIV have higher rates of mental health conditions than the general public.² One of the mental health conditions that people living with HIV may experience is depression.

Depression can include:

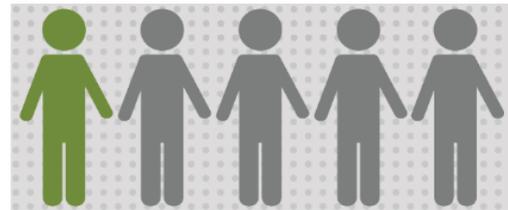
- feelings of sadness, emptiness, helplessness or
- changes in sleeping patterns or
- changes in appetite

Causes of depression may be a loss of social support, stress with getting services, getting HIV medicines, and/or stigma associated with HIV.

When someone is feeling down, they may not be taking care of their physical health, going to see their doctor(s) regularly, checking their HIV viral load, or taking their HIV medications as prescribed. It is important for your clients to talk to someone if their feelings are preventing them from doing day-to-day activities.

Fast Facts:

1 in 5 adults in the U.S. (**43.8 million** people) or **18.5%** - experiences mental illness in a given year.



Source: <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

HIV and Mental Health

- People living with HIV are twice as likely to suffer from depression compared to the general population.³
- Conversely, people with mental health conditions are at higher risk of contracting HIV.⁴

¹ Clients and patients are used interchangeably throughout this newsletter.

² Department of Health and Human Services. (2017). Retrieved from <https://aidsinfo.nih.gov/education-materials/fact-sheets/27/92/hiv-and-mental-health>. Accessed on March 14, 2017.

³ National Institute of Health. (2016). Retrieved from <https://www.nimh.nih.gov/health/topics/hiv-aids/index.shtm>. Accessed on March 14, 2017.

⁴ Schadé, A., van Grootheest, G., & Smit, J. H. (2013). HIV-infected mental health patients: characteristics and comparison with HIV-infected patients from the general population and non-infected mental health patients. *Bmc psychiatry*, 13(1), 35.

Want more information? If you are interested in getting more information about mental health resources check out the following:

Orange County Behavioral Health Information and Referrals	
 <p>Orange County Behavioral Health Information & Referrals 855-OC-Links (625-4657)</p>	<p>OC Links is an Orange County based Information and Referral Line. To get more information about mental health and other services. For more info, visit www.ochealthinfo.com/bhs/about/pi/oclinks.</p>
Mental Health Counseling for People Living with HIV in Orange County	
	<p>APAIT offers individual, couples/family, and group counseling. For more info, call (714) 636-1349 or visit www.apaitonline.org.</p>
	<p>ASF offers support groups, individual and group counseling services. For more info, call (949) 809-5700 or visit www.ocasf.org.</p>
	<p>Delhi Center offers support groups. For more info, call (714) 481-9600.</p>
	<p>The LGBT Center OC offers individual, couples, and family therapy. For more info, call (714) 953-5428 ext 330 or visit www.lgbtcenteroc.org.</p>
	<p>Shanti OC offers individual and group counseling services. For more info, call (949) 452-0888 or visit www.shantioc.org.</p>
	<p>Straight Talk Inc. offers individual and group counseling services. For more info, call (714) 828-2000 or visit www.straighttalkcounseling.org.</p>
Local Mental Health Resources	
	<p>211 OC provides health and human services resources in Orange County. For more info, dial 2-1-1 or visit www.211OC.org.</p>
	<p>If you have CalOptima, call (855) 877-3885 or visit www.CalOptima.org to find a mental health provider near you.</p>
	<p>Each Mind Matters is California's Mental Health Movement aiming to end stigma and promote access to support services. For more info, visit www.eachmindmatters.org.</p>

Hotlines	
	<p>Crisis Prevention Hotline (877-7 CRISIS or 877-727-4747) provides free, 24-hour, confidential, suicide prevention services to anyone who is in crisis. For more info, visit www.ochealthinfo.com/bhs/about/pi/crisis/hotline.</p>
	<p>The Orange County Warmline, (714) 991-6412 is a free and confidential phone service providing emotional support and resources. For more info, visit www.namioc.org/services/emotional-support/nami-orange-county-warmline.</p>



Event Spotlight

June 27 is
National HIV Testing Day

Encourage everyone you know to get tested and know their HIV status. Visit www.ochealthinfo.com/phs/about/dcepi/hiv/events for testing locations in Orange County.



ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE

Our+Care OC is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to increase the quality of Ryan White services. For more information about the committee, please call **(714) 834-8063**. If you have feedback or suggestions for future newsletters, please contact **Mindy He** at MHe@ochca.com.

