Oregon Behavioral Health Support Program

Member Newsletter

Issue 13: Spring 2024



May is Mental Health Awareness Month!



Mental Health Awareness Month is a time to raise awareness about mental health. This year, the focus continues on increasing education, support and understanding about mental health.

The National Alliance for Mental Health's (NAMI's) theme this year is "Take the Moment." That means many things, including taking a moment for your mental health without feeling guilt. That is one of NAMI's aims in its campaign this month.

Did You Know?

- More than one in five American adults has a mental illness. That's about 22% of the adult population.
- About 1 in 20 American adults has a serious mental illness such as bipolar disorder, schizophrenia or major depression.
- Many people have more than one disorder.
- People with depression have a 40% higher risk of getting cardiovascular and metabolic diseases. People with serious mental illness are nearly twice as likely to develop these conditions.

Sources:

National Alliance for Mental Health (NAMI): Take the Moment and By the Numbers

CDC: About Mental Health.

Comagine Health

Health Reminders

- Springtime means allergy time for many here in Oregon. You may be having a runny nose, itchy eyes and sneezing. Ask your doctor about managing symptoms.
- It's also a good time for regular health screenings. It's important for doctors to periodically check your blood pressure, heart rate and other things. They may do a blood test to screen you for diabetes or other conditions. If you are middle aged or older, it might be time for a cancer screening like a mammography or colorectal screening. Ask your provider what you may need.
- And don't forget about your teeth! Oral hygiene is important to your overall health (Mayo Clinic). Experts say we should brush and floss twice daily (American Dental Association – see how-to video here). And see a dentist at least once a year (ideally twice a year) for annual exams and cleanings.





We Want to Hear from You

If you would like to be featured in the newsletter, please talk to your Comagine Health care manager or care coordinator. We welcome your suggestions for this newsletter.

Send your ideas to ORBHSupport@comagine.org.

We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184
- Send an email to: ORBHSupport@comagine.org
- Send us a message by using our contact form: https://bit.ly/3BgqXbx

Translation

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