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Mental Health Matters – Recognizing When to Seek Help©

Welcome to our dedicated space where we list myriad adult mental health problems for people 18 to 90+. Psychotherapy can help at virtually any age. There is almost no age too young or too elderly.

Mental health is as vital as physical health. It's estimated that half of doctor visits for pain, headaches, and other problems are in large measure due to psychological factors!

Call us with your questions at 414-540-2170 or email referrals@shorehavenbhi.com or use the Contact Us link above.



Purpose of This Page

This page about adult problems has three purposes.

1. To offer you information about adult problems that may lead you to come for help. See below and check the article links on this page.
2. To assure you most problems can be helped, especially DEPRESSION, ANXIETY, TRAUMA, ALCOHOL & SUBSTANCE USE, and many others.
3. To encourage you to seek the help you need.

Why Seek Therapy Early?

Acknowledging the need for help is a significant first step towards healing, recovery, and improvement.

Come for therapy as soon as problems show up. Early intervention plays a pivotal role in treatment. Research shows that the faster you come for help during a psychological crisis, the easier it is to help you and the more quickly you can achieve recovery from most mental health problems.

Here's why prompt action is crucial:

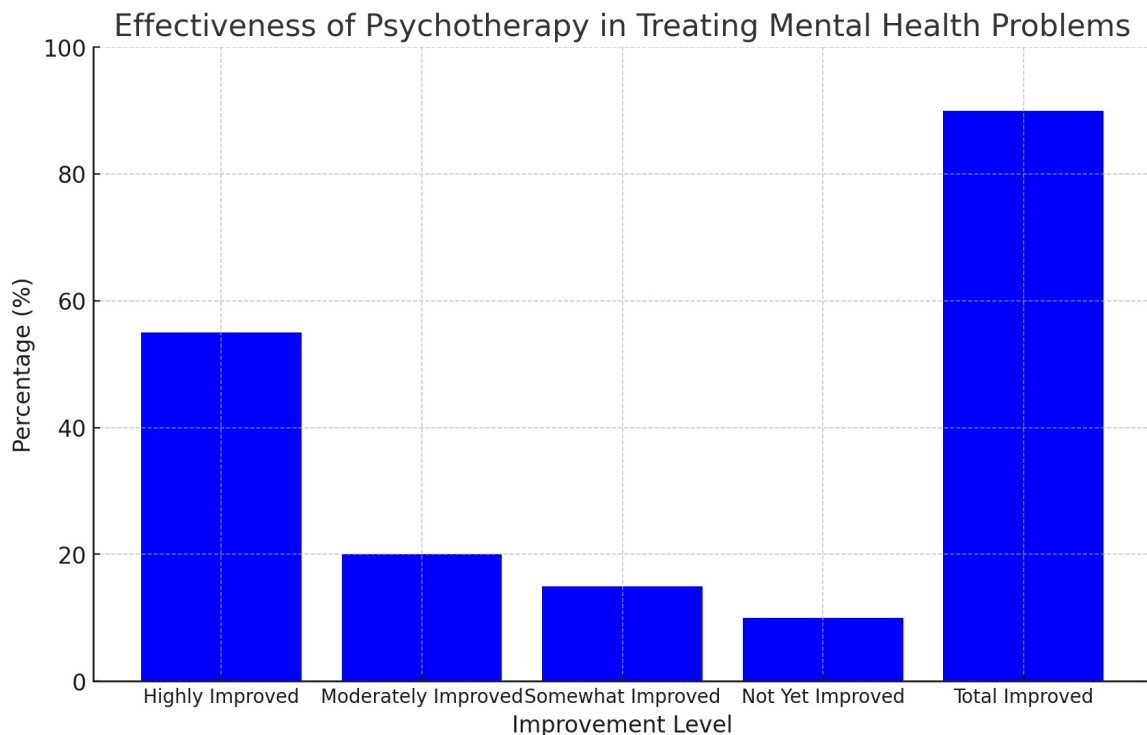
- **Enhances Recovery:** Early diagnosis and treatment can prevent mental health conditions from worsening.
- **Reduces Long-term Impact:** Timely therapy reduces the long-term effect of anxiety, depression, substance abuse, and other conditions.
- **Improves Quality of Life:** Timely therapy helps improve one's personal life, professional functioning, family life, social life, and health.
- **Improved Well-Being:** Addressing mental health challenges early helps improve overall well-being and life satisfaction.
- **Prevents Complications:** Early treatment helps avoid additional problems, such as substance abuse or severe depression.

Therapy Works

A. You may not be aware that 50% of all the people who come to see us improve in somewhere around 8-10 sessions over the course of about three months.

B. Another 30% improve over the course of about six to twelve months or about 25 sessions.

C. About 10% of callers require between one and two years to improve fully, about 100 sessions.



Those would be

- 1) people with an addiction problem who need not only intensive care at the beginning, but longer term follow up
- 2) people with very troubled marital problems
- 3) people with complex problems of several types, what we call *Co-Occurring Disorders*, such as psychiatric and severe medical disorders that occur together
- 4) people with certain personality problems such as borderline personality

D. Only about 10% of callers need therapy that is very prolonged or perhaps of indefinite length. But that therapeutic support helps them to have a better **quality of life** and maintain themselves in the community.

Comprehensive Checklist of Adult Mental Health Problems

Recognizing the signs of mental health issues is the first step towards seeking help.

Here's a checklist of some of the conditions that often lead adults to come to psychotherapy. Perhaps you recognize your problem in this list.

- ✓ Adjustment to life changes, accompanied by anxiety and/or depressed mood
- ✓ Adjustment after loss, breakup, divorce, incarceration, legal problems, a troubling medical diagnosis, or other major life change event(s)
- ✓ Adult Attention Deficit/Hyperactivity Disorder
- ✓ Alcohol use problems
- ✓ Anger problems
- ✓ Anxiety, including excessive worry, panic attacks, agoraphobia (fear of going out or places that are crowded or malls or big stores), troubling phobias
- ✓ Bipolar Disorder, formerly called Manic Depression
- ✓ Body Dysmorphic Disorder - severe dislike of body image or body part
- ✓ Borderline Personality Disorder (BPD) and other personality
- ✓ Bulimia Nervosa, binge-purge syndrome
- ✓ Cancer care psychology, coping with cancer
- ✓ Cannabis (marijuana) problem
- ✓ Cocaine use problem
- ✓ Coping with change
- ✓ Coping with care-taking for a loved one with a severe illness or dementia
- ✓ Coping with family conflicts, losses, and changes, including births, deaths, breakups, etc.
- ✓ Coping with medical problems or a medical diagnosis
- ✓ Coping with life events that strain your capacity to cope
- ✓ Coping with MS, early cognitive loss, stroke, etc
- ✓ Couple or marital problems
- ✓ Cutting, and various forms of non-suicidal self-injury
- ✓ Crisis situation, usually due to some life change events



- ✓ Depression or Clinical Depression, also called Major Depression
- ✓ Dissociation, including multiple personality, also known as Dissociative Identity Disorder
- ✓ Dying from an illness, *anticipatory grief*
- ✓ Eating Disorders, bingeing, purging, excessive restricting, anorexia
- ✓ Family stress, family conflicts
- ✓ Gambling problems
- ✓ Gender concerns
- ✓ Grief, loss, separation, prolonged grief
- ✓ Headaches associated with anxiety, tension headaches
- ✓ Heroin, opiate use, pain medication overuse problems
- ✓ Hoarding
- ✓ LGBTQ+ concerns
- ✓ Marijuana use
- ✓ Obsessive-Compulsive Disorder (OCD), obsessions, doubts leading you to repeat certain behaviors over and over
- ✓ Older adults adjusting to age and losses
- ✓ Opiate use
- ✓ Overuse of medications
- ✓ Personality Disorders
- ✓ Post-Partum Depression or anxiety
- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Pre- or post-surgery emotional problems
- ✓ Procrastination and task paralysis
- ✓ Recovery from assault, sexual assault, molestation, sexual abuse

- ✓ Recovery from the effects of a bad childhood or relationship
- ✓ Relationship problems



- ✓ Schizophrenia and other psychotic disorders and paranoia
- ✓ Seasonal Affective Disorder (SAD) - depression coming mostly in winter months
- ✓ Self-cutting, suicidal thoughts
- ✓ Sleep Disorders - insomnia, nightmares, waking during the night and not getting back to sleep
- ✓ Stress such as being a caretaker, job problems, family stress
- ✓ Trauma
- ✓ Under-achievement
- ✓ Workplace stress

Conclusion

Acknowledging the need for help is a brave and critical step towards recovery. If you or someone you know is experiencing any of the mental health problems listed above, consider seeking professional therapy ASAP. **Remember, mental health is a crucial component of overall well-being, and there is strength in seeking help.**

Perhaps you are seeking a particular kind of therapy that we offer. For example, you may be seeking eye-movement desensitization and reprocessing therapy, also known as EMDR, which is a treatment that is highly effective for trauma. Or you might be seeking cognitive behavioral therapy, also called CBT, or play therapy for children, mindfulness, or psychoanalytic therapy. **We offer the main evidence-based forms of therapy.**

Perhaps you are unsure of the specific problem, but you feel some need for help and support. Therapy always begins with some assessment of the problem in which we'll evaluate what your

concerns are, what your goals may be for this therapeutic encounter, and how we may recommend the best program of care to help you. All of our care is evidence-informed and we are aware of some of the latest research in medicine and psychiatry that affects the best practices in psychotherapy.

We hope that you will not hesitate to use psychotherapy services as soon as you feel some need. Do call us and we will respond to your questions and hope that we can get you an appointment within just a week or two of your call.

Call 414-540-2170.

Please read our other articles on this page about adult problems.

Adult Problems in Living

Mental Health Matters – Recognizing When to Seek Help

Psychotherapy Helps Develop Psychological Skills for Effective Living

The Importance of Professional Help