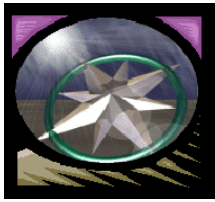


March 2007



About Compass...

What do we do?

Compass Mental Health, LLC is a licensed behavioral health agency providing urgent / emergent mental health crisis services on a twenty-four hour per day basis.

We are a partnership of experienced mental health professionals who have been providing assessment, screening and intervention services over the past ten years.

Quick Tips

Working with your Doctor

Whether it is a general check up, an emergent appointment or a follow-up, we all know how daunting going to the doctor's office can be. We have gathered a few quick tips to help you be successful with your next doctor's visit.

- Ask your physician about whether your medications will interact with certain foods or other drugs you're taking (both prescription and over-the-counter).
- Before a doctor's appointment, sit down and write a list of questions and concerns.
- Take notes during doctor visits so you can review key information and instructions later.
- Be honest about whether you're following recommendations about diet, lifestyle and taking medications. The healthcare team often can suggest strategies to help you get on track.
- Keep asking questions until you fully understand the doctor's concerns and instructions for taking medications.



Depression 101

What is Depression?

A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person interacts, feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. Without treatment, symptoms can last for weeks to years. Appropriate treatment, however, can help most people who suffer from depression.

Common Signs and Symptoms of Depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability

Common Causes of Depression:

Some types of depression run in families, suggesting that a biological vulnerability can be inherited. In some families, major depression also seems to occur generation after generation. However, it can also occur in people who have no family history of depression.



Medical illnesses, a serious loss, difficult relationship, financial problem, or any stressful (unwelcome or even desired) change in life patterns can trigger a depressive episode. Very often, a combination of genetic, psychological, and environmental factors is involved in the onset of a depressive disorder.

Coaching: Free will determines the future, while fate determines the past.

Quote of the Month

"Both success and failure are largely the result of habit!"
- Napoleon Hill-

Laugh of the Month (Uncommon Wisdom)

- ✦ A day without sunshine is like night.
- ✦ He who laughs last, thinks slowest.
- ✦ A clear conscience is usually the sign of a bad memory.
- ✦ If you think nobody cares, try missing a couple of payments.
- ✦ Light travels faster than sound. That's why some people appear bright until you hear them speak.
- ✦ If everything is coming your way...you're in the wrong lane.

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