

Mental Health Resources



Marty Magee

mmagee@unmc.edu

402-559-7076



Barb Jones

jonesbarb@health.missouri.edu

573-884-5042

800-338-7657

NN/LM National Network of Libraries of Medicine
MidContinental Region



Objectives

- **Gain awareness of mental health issues**
- **Share tips for challenging consumer health reference interview questions for mental health information**
- **Introduce quality mental health resources**

Who are we describing?

- **26.2% of Americans in any given year (NIMH)**
- **57.7 million people per year (2004 US Census)**
- **4 of 10 leading causes of disability in US and other developing countries**
- **Many suffer more than one illness at a time**
- **Mental Health 2004 by SAMHSA**
 - <http://www.nihm.nih.gov/publicat/numbers.cfm>

Definition:

■ Includes:

- Depression
- Mood disorders
- Anxiety disorders
- Eating disorders
- Substance abuse disorders

■ **DSM IV-TR – official classification**

- Compatible with ICD9-CM and ICD 10

Persons with mental illness

- **Abraham Lincoln**
- **Virginia Woolf**
- **Ludwig van Beethoven**
- **Leo Tolstoy**
- **Tennessee Williams**
- **Isaac Newton**
- **Winston Churchill**
- **Diane Sawyer**

Reference Interview Challenges

- **Confused, upset, embarrassed**
- **Unreasonable expectations**
- **Confusion with medical terminology**
- **Stereotypes of mentally ill as dangerous**

Best Practices

- Present calm appearance
- Speak softly and in nonjudgmental way
- Use neutral, concrete manner
- Put space between you and patient
- Show respect
- Avoid intense eye contact
- Listen
- Don't make promises you cannot keep

It's Back-to-School time!

Tips for parents and kids at
our School Health page



→ Health Topics

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MEDICAL DICTIONARY

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POPULAR SEARCHES

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asthma atenolol
dementia **diabetes**
fibromyalgia gout
hypertension **lupus**
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- Medical Encyclopedia (264)
- Videos and Tutorials (22)
- News (97)
- MedlinePlus Magazine (64)
- Other Resources (72)
- Multiple Languages (21)

Mental Health

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Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood.

Everyone feels worried, anxious, sad or stressed sometimes. But with a mental illness, these feelings do not go away and are severe enough to interfere with your daily life. It can make it hard to meet and keep friends, hold a job or enjoy your life. ([Read more](#))



Refine by Keyword

All Results (3,213)

remix

- Disorder (63)
- Child (67)
- Anxiety (32)
- Depression (32)
- Nih | 496-7301 (31)
- Substance Abuse and Mental Health

Items 1 - 10 of 3,213 for mental health

- [Mental Health](#) (National Library of Medicine)
Mental health is how we think, feel and act as we cope with life. It also helps determine ... relate to others and make choices. Like physical health, mental health is important at every stage of life, ...
www.nlm.nih.gov/medlineplus/mentalhealth.html - Health Topics
- [Child Mental Health](#) (National Library of Medicine)
... when your child has a fever. A child's mental health problem may be harder to identify, but you ... much, or hurting or destroying things. Some common mental health problems in children are Depression Anxiety Behavior disorders ...
www.nlm.nih.gov/medlineplus/childmentalhealth.html - Health Topics

Medline Plus

www.medlineplus.gov

- **Contains about 50 different health topics on mental health topics**
 - Includes ADD, coping with disasters, OCD, panic disorder, schizophrenia, PTSD, depression
- **Drug information/Herb & Supplements**
- **Directories**

MedlinePlus Search Tips

- Use quotes for phrase searching –
“Asperger’s Syndrome”
- Can search a specific site:
- Not case sensitive
- Will spell check
- Boolean searching
- Use + to limit with precision
- Use * for truncation

Post-Traumatic Stress Disorder



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NIH National Institutes of Health

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ptsd

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- Drugs and Supplements (1)
- Medical Encyclopedia (12)
- Videos and Tutorials (6)
- News (9)
- MedlinePlus Magazine (11)
- Other Resources (21)
- Multiple Languages (7)

Refine by Keyword

All Results (248)

- Treatment | Symptom (12)
- Veterans (36)
- Event (23)
- Children (21)
- Obsessive-Compulsive Disorder (17)
- Coping (10)
- Brain | Injury (12)

Post-Traumatic Stress Disorder

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Post-traumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.

PTSD can cause problems like [\(Read more\)](#)



Results 1 - 10 of 248 for ptsd

- 1. Post-Traumatic Stress Disorder** (National Library of Medicine)
Post-traumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the ...
www.nlm.nih.gov/medlineplus/posttraumaticstressdisorder.html - Health Topics
- 2. Post-Traumatic Stress Disorder (PTSD) Interactive Tutorial** (Patient Education Institute)
... symptoms, potential causes and treatment options. What is PTSD? PTSD is an anxiety disorder that can develop ... that improve your quality of life. Coping with PTSD Recovery from PTSD is an ongoing, gradual process. ...
www.nlm.nih.gov/medlineplus/tutorials/ptsd/htm/index.htm - Videos and Tutorials
- 3. Coping with PTSD and Recommended Lifestyle Changes for PTSD Patients** (National Center for PTSD) (Dept. of Veterans Affairs)
Coping with PTSD and Recommended Lifestyle Changes for PTSD Patients Joe Ruzek, Ph.D. Coping with PTSD Because PTSD symptoms seldom disappear completely, it is ...
ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_coping.html - External Health Links

Post-Traumatic Stress Disorder

Also called: PTSD

Post-traumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, [rape](#), [physical abuse](#) or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.

PTSD can cause problems like

- Flashbacks, or feeling like the event is happening again
- Trouble sleeping or nightmares
- Feeling alone
- Angry outbursts
- Feeling worried, guilty or sad

PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later. PTSD can happen to anyone, even children.

Medicines can help you feel less afraid and tense. It might take a few weeks for them to work. Talking to a specially trained doctor or counselor also helps many people with PTSD. This is called talk therapy.

NIH: National Institute of Mental Health

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Start Here

- [Post-Traumatic Stress Disorder \(PTSD\) Interactive Tutorial](#) (Patient Education Institute)
Also available in [Spanish](#)
- [Post-Traumatic Stress Disorder Easy-to-Read NIH](#) (National Institute of Mental Health)
Also available in [Spanish](#)
- [What Can I Do If I Think I Have PTSD?](#) (National Center for PTSD, Dept. of Veterans Affairs)

Basics

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Photo Courtesy of U.S. Army/Jacob N. Bailey

MEDICAL ENCYCLOPEDIA

[Post-traumatic stress disorder](#)
[Traumatic events](#)

Related Topics

[Stress](#)
[Veterans and Military Health](#)
[Mental Health and Behavior](#)

National Institutes of Health

The primary NIH organization for research on *Post-Traumatic Stress Disorder* is the [National Institute of Mental Health](#)

Languages

[Arabic](#) (العربية)
[Bosnian](#) (Bosanski)
[Burmese](#) (myanmasa)
[Kirundi](#) (Rundi)
[Russian](#) (Русский)
[Somali](#) (af Soomaali)
[Spanish](#) (español)





Introduction

What is PTSD?

Symptoms

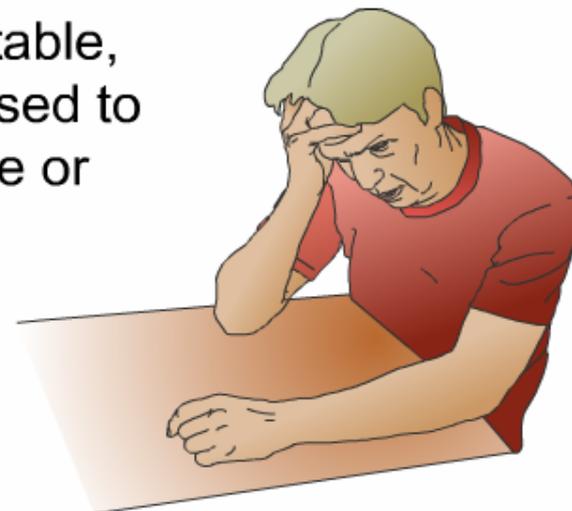
Diagnosis

Treatment

Coping with PTSD

Conclusion

If you have PTSD, you may startle easily, feel emotionally numb (especially toward people you used to be close to), act irritable, lose interest in things you used to enjoy, or become aggressive or even violent.



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Comments

Volume



Repeat





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Refine by Keyword

All Results (248)

remix

- Treatment | Symptoms (47)
- Veterans (36)
- Event (23)
- Children (21)
- Obsessive-Compulsive Disorder (17)

Results 1 - 10 of 248 in Veterans for ptsd

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1. [Veterans and Military Health](#) (National Library of Medicine)
... for mental health problems, too. These include anxiety, **post-traumatic stress disorder**, depression and substance abuse.
www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html - Health Topics
2. [Veterans and Military Family Health](#) (National Library of Medicine)
... disabilities Mental health effects of military service, including **post-traumatic stress disorder** Family issues such as disruptions in parenting and ...
www.nlm.nih.gov/.../veteransandmilitaryfamilyhealth.html - Health Topics
3. [Post Traumatic Stress Disorder Research NIH](#) (National Institute of Mental Health)
Post Traumatic Stress Disorder Research Fact Sheet A fact sheet with a brief description of **post-traumatic stress disorder (PTSD)** ... fact sheet. Research on Possible Risk Factors for PTSD Currently, many scientists are focusing on genes that ...
www.nimh.nih.gov/.../index.shtml - External Health Links
4. [PTSD and Older Veterans](#) (National Center for PTSD) (Dept. of Veterans Affairs)
SEARCH Advanced Search (by author, title...) printable **PTSD and Older Veterans** From the time of Homer's ancient story of the battle between the Trojans and the Greeks, and the times of ...
ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_older_veterans.html - External Health Links
5. [Feature: Post Traumatic Stress Disorder PTSD: A Growing Epidemic / Neuroscience and PTSD Treatments](#)
... Navigation Bar Home Current Issue Past Issues Feature **PTSD PTSD: A Growing Epidemic** Past Issues / Winter 2009 Table ... 20 percent of Iraqi war **veterans** Neuroscience and PTSD Treatments Dr. Barbara Rothbaum believes current research is ...
www.nlm.nih.gov/.../winter09/articles/winter09pg10-14.html - MedlinePlus Magazine

Exercise

- Find some easy to read information on depression in MedlinePlus.
- Find a health check tool for depression screening.

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Site Map

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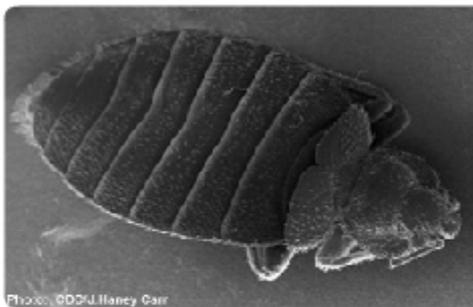
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→ Drugs

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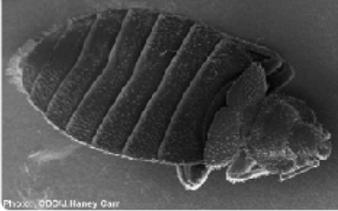
anemia arthritis
asthma atenolol
dementia **diabetes**
fibromyalgia gout
hypertension **lupus**
pneumonia shingles
vitamin d

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- diabetes
- fibromyalgia
- gout
- hypertension
- lupus
- mrsa
- multiple sclerosis
- pneumonia
- prednisone
- schizophrenia

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Drugs, Herbs and Supplements



Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name

A B C D E F G H I J K L M N O P Q R S T U V W X Y

For FDA approved labels included in drug packages, see [DailyMed](#)



Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)



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Duloxetine (doo lox' e teen)

A search on "Cymbalta"



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[Why is this medication prescribed?](#)

[How should this medicine be used?](#)

[Other uses for this medicine](#)

[What special precautions should I follow?](#)

[What special dietary instructions should I follow?](#)

[What should I do if I forget a dose?](#)

IMPORTANT WARNING:

A small number of children, teenagers, and young adults (up to 24 years old) during clinical studies became suicidal (thinking about harming or killing others) who take antidepressants to treat depression or other mental illnesses. However, adults who do not take antidepressants to treat these conditions. However, it should be considered in deciding whether a child or teenager should take an antidepressant normally take duloxetine, but in some cases, a doctor may decide that a child or teenager should not take an antidepressant.

You should know that your mental health may change in unexpected ways as you become an adult over 24 years of age. These changes may occur even if you do not have a history of condition. You may become suicidal, especially at the beginning of your life, or your family, or caregiver should call your doctor right away if you experience thoughts of harming or killing yourself, or planning or trying to do so; or if you experience changes in behavior. Be sure that your family or caregiver checks on you regularly, and call your doctor if you are unable to seek treatment on your own.

Why is this medication prescribed?

Duloxetine is used to treat depression and generalized anxiety disorder (GAD; excessive worry and tension that disrupts daily life and lasts for 6 months or longer). Duloxetine is also used to treat pain and tingling caused by diabetic neuropathy (damage to nerves that can develop in people who have diabetes) and fibromyalgia (a long-lasting condition that may cause pain, muscle stiffness and tenderness, tiredness, and difficulty falling asleep or staying asleep). Duloxetine is in a class of medications called selective serotonin and norepinephrine reuptake inhibitors (SNRIs). It works by increasing the amounts of serotonin and norepinephrine, natural substances in the brain that help maintain mental balance and stop the movement of pain signals in the brain.

How should this medicine be used?

Duloxetine comes as a delayed-release (long-acting) capsule to take by mouth. When duloxetine is used to treat depression, it is usually taken once or twice a day with or without food. When duloxetine is used to treat generalized anxiety disorder, the pain of diabetic neuropathy, or fibromyalgia, it is usually taken once a day with or without food. Take duloxetine at around the same time(s) every day. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take duloxetine exactly as directed. Do not take more or less of it, take it more often, or take it for a longer time than prescribed by your doctor.

Swallow the capsules whole; do not split, chew, or crush them. Do not open the capsules and mix the contents with liquids or sprinkle the contents on food.

If you are taking duloxetine to treat generalized anxiety disorder, the pain of diabetic neuropathy, or fibromyalgia, your doctor may start you on a low dose of medication and gradually increase your dose.

Duloxetine may help control your symptoms but will not cure your condition. It may take 1 to 4 weeks or longer before you feel the full benefit of duloxetine. Continue to take duloxetine even if you feel well. Do not stop taking duloxetine without talking to your doctor. Your doctor will probably decrease your dose gradually. If you suddenly stop taking duloxetine, you may experience withdrawal symptoms such as nausea; vomiting; diarrhea; anxiety; dizziness; tiredness; headache; pain, burning, numbness, or tingling in the hands or feet; irritability; difficulty falling asleep or staying asleep; sweating; and nightmares. Tell your doctor if you experience any of these symptoms when your dose of duloxetine is decreased.

Other uses for this medicine [Return to top](#)

Duloxetine is also sometimes used to treat stress urinary incontinence (leakage of urine during physical activity such as coughing, sneezing, laughing, and exercise) in women. Talk to your doctor about using this medication to treat your condition.

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

What special precautions should I follow? [Return to top](#)

Before taking duloxetine,

- tell your doctor and pharmacist if you are allergic to duloxetine or any other medications.
- tell your doctor if you are taking thioridazine or a monoamine oxidase (MAO) inhibitor, such as isocarboxazid (Marplan), phenelzine (Nardil), selegiline (Eldepryl, Emsam, Zelapar), and tranylcypromine (Parnate), or if you have stopped taking an MAO inhibitor within the past 14 days. Your doctor will probably tell you not to take duloxetine. If you stop taking duloxetine, you should wait at least 5 days before you start to take an MAO inhibitor.

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St. John's wort (*Hypericum perforatum* L.)

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Background

Extracts of *Hypericum perforatum* L. (St. John's wort) have been recommended traditionally for modern-day use of St. John's wort is the treatment of depression. Numerous studies report St. John's wort is as effective as tricyclic antidepressant drugs in the short-term treatment of mild-to-moderate major depression. Some studies suggest St. John's wort is as effective as selective serotonin reuptake inhibitor (SSRI) antidepressants such as sertraline (Zoloft®).

Recently, controversy has been raised by two high-quality trials of St. John's wort for major depression. Due to problems with the designs of these studies, they cannot be considered definitive. Overall, the scientific evidence for the use of St. John's wort in mild-to-moderate major depression is limited. The evidence in severe major depression remains unclear.

St. John's wort can cause many serious interactions with prescription drugs, herbs, or supplements. Consult with your healthcare providers including their pharmacist prior to starting therapy.

Synonyms

Amber touch-and-heal, balm-of-warrior's wound, balsana, bassant, Blutkraut, bossant, Calmigen, João, fuga daemonum, goatweed hartheu, heofarigo on, herba de millepertuis, herba hyperici, herba hipérico, hipericon, HP, isorhamnetin, Jarsin, Johanniskraut, klammath weed, Liebeskraut LI 160, Lido, de oro, PM235, pseudohypericin, rosin rose, SJW extract LI 160, St. John's wort WS 5572, STW 35, Walpurgiskraut (German), witcher's herb, WS 5572.

Uses based on scientific evidence

Grade¹

Depressive disorder (mild-to-moderate)

St. John's wort has been extensively studied in Europe over the last two decades, with more recent research in the United States. Short-term studies (1-3 months) suggest that St. John's wort is more effective than placebo (sugar pill), and equally effective as tricyclic antidepressants (TCAs) in the treatment of mild-to-moderate major depression. Comparisons to the more commonly prescribed selective serotonin reuptake inhibitor (SSRI) antidepressants, such as fluoxetine (Prozac®) or sertraline (Zoloft®), are more limited. However, other data suggest that St. John's wort may be just as effective as SSRIs with fewer side effects. Safety concerns exist as with most conventional and complementary therapies.

A

Somatoform disorders

Somatoform disorders show physical symptoms that cannot be attributed to organic disease and appear to be of psychic origin. Early evidence shows that St. John's wort may help with somatoform disorders. Further research is needed to confirm these results.

B

Anxiety disorder

Overall, there is currently not enough evidence to recommend St. John's wort for the primary treatment of anxiety disorders.

C

Atopic dermatitis

Early study of hypericum-cream in the topical treatment of mild to moderate atopic dermatitis shows positive results. Further studies are needed before a firm recommendation can be made.

C

Attention deficit hyperactivity disorder (ADHD) (children)

It is unclear whether St. John's wort is an effective treatment in children with ADHD. More study is needed to confirm these findings.

C



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Search By Drug Name or NDC Code:

PAXIL (paroxetine hydrochloride) tablet, film coated
PAXIL (paroxetine hydrochloride) suspension
[GlaxoSmithKline LLC]

RxNorm Names
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Category	DEA Schedule	Marketing Status
HUMAN PRESCRIPTION DRUG LABEL		New Drug Application

Drug Label Sections

- Description
- Clinical Pharmacology
- Indications & Usage
- Contraindications
- Warnings
- Precautions
- Adverse Reactions
- Overdosage
- Dosage & Administration
- How Supplied
- Patient Counseling Information
- Supplemental Patient Material
- Boxed Warning
- Patient Package Insert
- Highlights
- Full Table of Contents
- Medication Guide

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, adolescents, and young adults in short-term studies of major depressive disorder (MDD) and other psychiatric disorders. Anyone considering the use of PAXIL or any other antidepressant in a child, adolescent, or young adult must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidality with antidepressants compared to placebo in adults beyond age 24; there was a reduction in risk with antidepressants compared to placebo in adults aged 65 and older. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. Families and caregivers should be advised of the need for close observation and communication with the prescriber. PAXIL is not approved for use in pediatric patients. (See WARNINGS: Clinical Worsening and Suicide Risk, PRECAUTIONS: Information for Patients, and PRECAUTIONS: Pediatric Use.)

DESCRIPTION

PAXIL (paroxetine hydrochloride) is an orally administered psychotropic drug. It is the hydrochloride salt of a phenylpiperidine compound identified chemically as (-)-*trans*-4*R*-(4'-fluorophenyl)-3*S*-[(3',4'-methylenedioxyphenoxy) methyl] piperidine hydrochloride hemihydrate and has the empirical formula of C₁₉H₂₀FNO₃•HCl•1/2H₂O. The molecular weight is 374.8 (329.4 as free base). The structural formula of paroxetine hydrochloride is:

Products

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- ▶ Women
- ▶ Seniors
- ▶ Kids/Teens

Active Ingredients

- ▶ All Ingredients
- ▶ Vitamins
- ▶ Minerals
- ▶ Herbs/Plants
- ▶ Amino Acids
- ▶ Enzymes
- ▶ Specialty

Manufacturers

- ▶ All Manufacturers

The Dietary Supplements Labels Database offers information on ingredients in more than 4,000 selected brands of dietary supplements. It enables users to compare label ingredients in different brands and also provided on the "structure/function" claims made by manufacturers. *These claims by manufacturers have not been evaluated by the Food and Drug Administration. Companies may not market as dietary supplements products that are intended to diagnose, treat, cure or prevent disease.*

Ingredients of dietary supplements in this database are linked to other National Library of Medicine databases such as MedlinePlus. This allows users to understand the characteristics of ingredients and view results of research pertaining to them, including the following:

- Uses in humans
- Adverse effects
- Mechanism of action

The Database can be searched by brand names, uses not specific active ingredients, and manufacturers.

[Recalls](#) from the U.S. Food and Drug Administration (FDA) and [actions](#) from the Federal Trade Commission (FTC) related to specific ingredients and supplement brands have also been provided.

[H1N1 Fraudulent Products](#)

Fraudulent H1N1 Flu Products

Information current as of 10 Jun 2010 16:00:00 GMT

Report Fraud

Search

[Air System](#)
[Antiseptic](#)



Dr. Phils Shape Up! Multivitamin for Apple Body Types

The label claims have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult your healthcare professionals before taking any dietary supplements.

Product Information | **Ingredient Information** | **Manufacturer Information**

Unit			
Packet			
Supplement Facts		See Ingredient Fact Sheets	
Supplement Facts			
Serving Size: 2 Packets			
Servings Per Container: 30 packets 6 Tablets ea.			
Ingredients	Amt Per Serving	Units	%Daily Value+
Calories Total	10		
Sodium	10	mg	0.4%
Total Carbohydrate	7	g	2.4%
Dietary fiber	5	g	20%
Sugars	1	g	
Vitamin A	5000	IU	100%
Vitamin C	500	mg	834%
Vitamin D	400	IU	100%
Vitamin E	200	IU	666%
Vitamin K	80	mcg	100%
Thiamin (B1)	3	mg	200%
Riboflavin (B2)	3.4	mg	200%
Niacin (B3)	40	mg	200%

<http://dietarysupplements.nlm.nih.gov/dietary/index.jsp>

Two ways to identify an unknown pill



Quick Search
(rapid identification, sort pills by color, shape, etc.)



Advanced Search
(includes searching by drug name, inactive ingredients, and more)



 View Larger	<p>Drug Name: 12 HR Zyban 150 MG Extended Release Tablet</p>	<p>Ingredient(s): Bupropion</p>
	<p>Imprint: ZYBAN;150</p> <p>Shape: Round</p> <p>Inactive Ingredient(s): Show carnauba wax / cysteine hydrochloride / hypromello...</p>	<p>Color(s): Purple</p> <p>Size (mm): 11.00</p> <p>Drug Label Author: GlaxoSmithKline LLC</p>

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- ▶ Gateway Search engine

Drug Information Portal
<http://druginfo.nlm.nih.gov/>
a search on Wellbutrin



By Name By Category



Search Results

Drug Name: Bupropion hydrochloride [USAN:USP] [\[show more names\]](#)

Description: A unicyclic, aminoketone antidepressant. The mechanism of its therapeutic actions is not well understood, but it does appear to block dopamine uptake. The hydrochloride is available as an aid to smoking cessation treatment.

Categories: [Antidepressive Agents](#) [\[show more categories\]](#)

Summary

- ▶ [Summary of drug information \(MedlinePlusDrug\)](#)
- ▶ [Summary of consumer health information \(MedlinePlusTopics\)](#)
- ▶ [Manufacturers drug label \(DailyMed\)](#)
- ▶ [Clinical trials \(ClinicalTrials.gov\)](#)
- ▶ [Drug Identification and Image Display \(Pillbox beta\)](#)

Detailed Summary

- ▶ [Summary of reviewed biological and physical data \(HSDB\)](#)
- ▶ [References from scientific journals \(Medline/PubMed\)](#)
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- [Possible Increased Risk of Bone Fractures With Certain Antacid Drugs](#)
- [Keep Kids, Pets Away From Skin Sprayed With Evamist](#)

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[Daily Medical News](#)



More Evidence That Vaccines Don't Cause Autism

MONDAY, Sept. 13 -- Infants exposed to the highest levels of thimerosal, a mercury-laden preservative that used to be found in many vaccines, were no more likely to develop autism than infants exposed to only a little thimerosal.



National Alliance on Mental Illness



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Mental Illness Awareness Week

October 3-9, 2010



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With your help, NAMI can continue its work as America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

NAMIWALKS DATES INCLUDE MENTAL ILLNESS AWARENESS WEEK The next NAMIWalk will be Sept. 11 in Vermont. Others coincide with Mental Illness Awareness Week (Oct. 3-9).

1 2 3 4 5 7 8

<< pause >>



Mental Illnesses

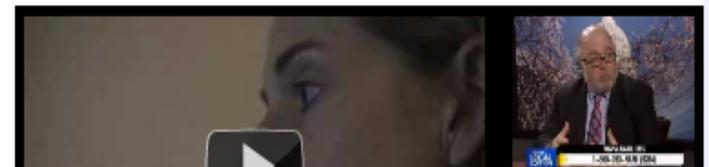


Easy-to-understand information about mental illnesses, mental health care, diagnosis, treatment and recovery.

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NAMI Videos

Watch a clip from Delaney Ruston's documentary *Unlisted: A Story of Schizophrenia*, which premieres October 1 on PBS.



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Mental Illnesses



By Illness

At the heart of NAMI's mission is our grassroots and the sharing of information with people with mental illness, their families, friends, mental health professionals, and the general public. NAMI strives to offer hope, reform and health to our American community through support, education, and advocacy efforts. Research is constantly providing us with new information about the brain and the nature of mental illnesses and, consequently, more effective treatments.

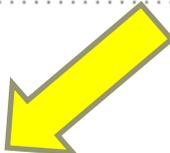
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- [Major Depression](#)
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- [Panic Disorder](#)
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- [Schizoaffective Disorder](#)



Medications



General Information about Medications



Ask the Psychiatric Pharmacist

NAMI is pleased to be working with the College of Psychiatric and Neurologic Pharmacists to bring you a new series called Ask the Psychiatric Pharmacist.

National Institute of Mental Health

Information about psychotropic medication from the NIH institute.

U.S. Food and Drug Administration Center for Drug Evaluation and Research

This federal agency's website has consumer information on drugs approved by the FDA since January 1998.

Prescription Drug Assistance Program

Information on free or low-cost medications provided by pharmaceutical companies.

Psychosocial Interventions



Information about psychosocial treatments for mental illness including CBT and supported employment.

Specific Medications

Listed below is specific information on medications.

- [Abilify \(aripiprazole\)](#)
- [Adderall \(amphetamine\)](#)
- [Ativan \(lorazepam\)](#)
- [BuSpar \(buspirone\)](#)

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- Find a NAMI chapter in your location.

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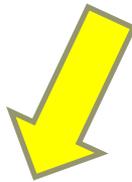
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Depression and Bipolar Support Alliance

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NEW SURVEY: [Peer Support Spring Survey](#)

SURVEY: [Which Depression Treatments Work for YOU?](#)

August e-UPDATE: Check out the latest [e-Update](#). Or [see past issues](#).

FACING US WELLNESS TRACKER: [DBSA Wellness Tracker](#) is an online tool to help you better recognize potential health problems and mood triggers in your daily life.

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- > National Institute of Mental Health

About Mood Disorders

Marked by changes in mood, depression and bipolar disorder (also known as manic depression) are both highly treatable, medical illnesses. Unfortunately, many people don't get the help they need because of the misunderstanding surrounding the illnesses or the fear associated with stigma. The following are brief descriptions of depression and bipolar disorder. For more in-depth information, be sure to see our pages on depression and bipolar disorder and the differences between them.

Depression: It's Not Just In Your Head

Everyone, at various times in life, feels sad or blue. It's normal to feel sad on occasion. Sometimes, sadness is a result of things that happen in your life: for example, you move to a different city and leave friends behind...you lose your job...or a loved one dies. But what's the difference between "normal" feelings of sadness and the feelings caused by depression?

- How intense the mood is: Depression is more intense than a simple "bad mood."
- How long the mood lasts: A bad mood is usually gone in a few days, but depression lasts two weeks or longer.
- How much it interferes with your life: A bad mood doesn't keep you from going to work or school or spending time with friends. Depression can keep you from doing these things and may even make it difficult to get out of bed.

While it's normal for people to experience ups and downs during their lives, those living with depression experience specific symptoms daily for two weeks or more, making it difficult to function at work, at school or in relationships.

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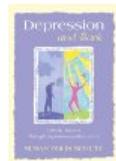
Take a free & confidential mood disorder screener in our [Screening Center](#).

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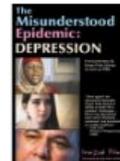


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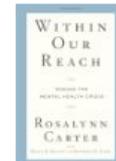


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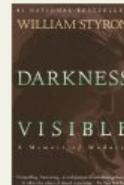
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**National Center for Post-Traumatic Stress Disorder
Office of Mental Health Service
U.S. Department of Veterans Affairs**

215 North Main St., VA Medical Center, Suite 116D
White River Junction, VT 05009

Telephone:

(802) 296-5132
(802) 296-6300
(802) 296-5135 (Fax)

Email:

ncptsd@va.org

Internet Address:

<http://www.ptsd.va.gov/>

Abstract:

The National Center for Post-Traumatic Stress Disorder (National Center for **PTSD**) was created within the Office of Mental Health Service of the United States Department of Veterans Affairs in

Mental Health Searching Tips

- **May be more than one medical term for mental health disorder**
- **Many people have more than one disorder**
- **Conditions may manifest in different ways**
- **Terms sometimes used interchangeably:**
 - Disease
 - Disorder
 - Spectrum
 - Syndrome

Evaluation:

[http://www.surveymonkey.com/s/
MentalHealthResourcesfromNLM](http://www.surveymonkey.com/s/MentalHealthResourcesfromNLM)

Questions?

Marty Magee

mmagee@unmc.edu

402-559-7076

Barb Jones

jonesbarb@health.missouri.edu

1-800-338-7657- 2- 4