

HELP IS RIGHT HERE!

For more information or to
schedule an appointment, call
St. Elizabeth Physicians Behavioral Health
at **(859) 301-5901**.

Helpful Phone Numbers

▶ Youth:

Cincinnati Children's Hospital
Division of Psychiatry:
(513) 636-3200

▶ Youth & Adults:

SUN Behavioral Health:
(859) 429-5188

If you or a loved one are having suicidal thoughts,
get help right away!

Call **(800) 273-8255** to speak with a suicide
prevention expert 24 hours a day, seven days a week.



Behavioral Health: COPING WITH CHRONIC ILLNESS

You're not alone.



WHEN YOUR LIFE IS TURNED UPSIDE DOWN.

It's natural to have ups and downs in life, but when you hear an unexpected cancer diagnosis, experience the loss of a loved one, endure unceasing pain from a long-term illness, or struggle daily with a mental health disorder, your life becomes an emotional roller coaster. A healthy life needs a strong connection between the mind and body.

Symptoms:

Coping with a chronic illness, either physical or mental, is stressful. Therefore, recognizing that something is “off” can be challenging, but it is extremely important.

Key indicators that things may be amiss include:

- Anxiety.
- Irritability.
- Feeling “empty,” listless or hopeless.
- Loss of pleasure in activities that usually bring you joy.
- Sadness.
- Significant decline in energy.
- Sleep issues (too much or not enough).
- Stress eating or loss of appetite.
- Trouble concentrating and remembering details.

Treatment:

Effectively coping with chronic illness requires supportive medical and behavioral care. At St. Elizabeth Behavioral Health, our compassionate team is here to listen to your concerns and ease your worries. Our experts will assist you in setting manageable goals and creating a personalized treatment path including medication, psychotherapy or both.

Talking through difficult circumstances and situations with one of our therapists can help you better



understand what you're feeling – and why. Individual cognitive-behavioral therapy (CBT), family therapy and other proven therapeutic techniques are also available. These options will be discussed in further detail during your first appointment and as your treatment progresses.

The first step towards improving your emotional well-being is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.