



# MedStar Health

## Understanding and Addressing **Mental Health**

Information to help you live your best life, from the MedStar Health Mobile Health Center



The MedStar Health Mobile Health Center was created to help people in the community address medical issues and concerns. We provide quality, reliable, convenient, community-based care, while giving people useful information and tools to improve their overall health and wellness.

Here, we focus on the importance of understanding and addressing mental health, with input from our medical director, Andrea Gaspar, MD.

**The MedStar Health Mobile Health Center visits communities across Baltimore each week to make it easier to access the medical care you need, in a location that is convenient for you.**

**Learn more about our services online at [MedStarHealth.org/MobileHealthCenter](https://www.MedStarHealth.org/MobileHealthCenter).**

**Walk-ins are accepted but appointments are recommended and can be scheduled by calling 410-350-7511.**

### **Why is mental health care important?**

Our psychological well-being effects how we feel, think, and respond to various situations in life. It drives how we manage our emotions, cope with changes and challenges, and process our surroundings. Our feelings and how they impact the way we live our lives matter, and are exactly why mental health care is so important.

### **What are some of the most common mental health challenges people are facing today?**

Depression and anxiety are very common and are effecting more people today than ever before. In some cases, people who are diagnosed with these conditions following a traumatic situation or a significant, life-changing event. In other cases, people suffer from these conditions in response to things in life that are difficult or stressful.

### **What is PTSD and how does it effect someone?**

PTSD – or Post Traumatic Stress Disorder – is typically diagnosed after someone has a major life experience that weighs heavily on their mind and impacts how they think about the world around them. PTSD can make a person feel stressed, anxious, and emotionally challenged. Flashbacks that re-hash painful memories are common, as well as difficulties with getting proper rest. This is a serious condition that requires medical attention.

### **What resources are available to help people who are suffering with mental health conditions?**

There are so many programs and services available to help people who are struggling with depression, anxiety, PTSD, and other mental health conditions. The MedStar Health Mobile Health Center is one resource. Our team treats these conditions often, and we can connect patients to a local program or specialist for long-term care and support, if needed. Baltimore Crisis Response, Inc. (BCRI) is also available for people who are in crisis and need immediate support. Their “Here2Help Hotline” is available 24 hours per day and can be accessed by dialing 988.