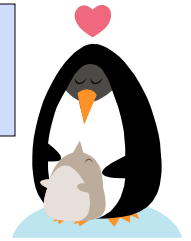


May 2011

# Arlington Free Clinic Patient Newsletter



*Happy Mother's Day—May 8!*

May is Mental Health Awareness Month

## Warning Signs and Symptoms of Mental Illness

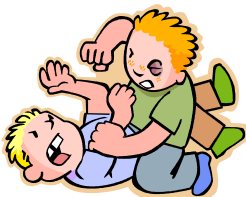
The following are signs that you or your loved one may want to speak to a medical or mental health professional.

• Confused thinking	• Prolonged depression (sadness or irritability)
• Feelings of extreme highs and lows	• Excessive fears, worries and anxieties
• Social withdrawal	• Dramatic changes in eating or sleeping habits
• Strong feelings of anger	• Delusions or hallucinations
• Growing inability to cope with daily problems and activities	• Suicidal thoughts
• Denial of obvious problems	• Numerous unexplained physical ailments
• Substance abuse	

Please let us know the next time you come to the Clinic if you feel you could benefit from AFC counseling services. We have doctors who can talk with you about anxiety and depression, as well as individual counselors who can offer support, help you learn stress management techniques, and discuss your concerns. The Clinic also has groups where patients can come together to discuss common problems and difficulties – the groups are valuable for patients to both give and receive support. Please be sure to talk with your doctor or nurse if you feel you would like to use these services.

## Funny stuff ....

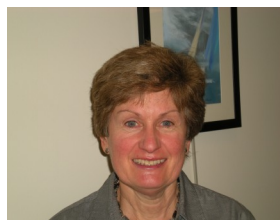
The mother of two naughty kids was asked whether or not she'd have children if she had it to do over again. "Yes," she replied. "But not the same ones!"



*Stress is not what happens to us, it is our response to what happens to us – let us be in charge of our response.*



## Introducing ..... Jyl



Jyl has been with Arlington Free Clinic since it first started in 1993! She was first a volunteer nurse, and in 2001 was hired as part of the nursing staff. When Arlington Free Clinic received a grant to start a Mental Health Program in September of 2002, Jyl was responsible for developing and overseeing this important program. She continues to be in charge of the AFC Mental Health Program.

Jyl is married and has a son and a daughter. She enjoys bicycling, walking, reading and traveling.

Thank you Jyl for your long-time service to AFC patients!