

## Eating Disorder

It seems that almost all Americans are concerned about their weight or eating habits. For more than 5 million people, this concern has become one of the dangerous medical disorders of anorexia, bulimia or binge eating. Your eating might be out of control if you:

- **Have an intense fear of gaining weight**
- **Over-exercise and restrict calories**
- **Avoid eating in front of others**
- **Have a poor self-image**
- **Self-induce vomiting or use laxatives inappropriately**

Please call 1-877-384-8055 to take a confidential, self-administered screening. Or you can go to our Web Site at [www.bcbsks.com](http://www.bcbsks.com) to take a confidential screening online. Just log in and click on the mental health screening link.

If you would like additional information on any of these treatable medical conditions, or would like to speak with a clinician please call 1-800-952-5906.

By working together, we will all see a brighter tomorrow.



## Mental Health Screening

Helping our members take charge of their lives



# anxiety

We all have “ups and downs” from time to time that come and go, but for one out of every five adults, feelings of *depression* persist for days or weeks at a time — affecting more than 17 million Americans every year. If you or someone you love experiences any of the following symptoms, they might be depressed.

## Depression

- Loss of interest/pleasure in ordinary activities
- Changes in appetite and sleep
- Fatigue, loss of energy
- Feelings of worthlessness or guilt
- Trouble thinking, concentrating or making decisions
- Thoughts of death or suicide

## Manic Depression

Manic Depression (also called bipolar disorder) is an alternating period of depression and mania, characterized by:

- High or euphoric feelings
- Racing thoughts or rapid speech
- Increased energy and decreased need for sleep
- Reckless behavior, spending sprees or rash decisions
- Unrealistic goals and expectations

## Anxiety

Normally, anxiety comes and goes for most of us. For more than 4 million adults, constant anxiety seriously interferes with their lives. One or more of these can be signs of anxiety.

- Excessive anxiety and worry about issues large and small
- Difficulty concentrating
- Headaches, muscle aches and tension
- Fatigue and edginess
- Sleep disturbance
- Trembling, clammy hands, dry mouth, sweating and nausea

## Alcoholism

Alcohol is a part of our culture. But for about 14 million Americans, drinking has caused physical, emotional, social and legal harm. Consider these questions:

- Have you ever wanted to cut down your drinking?
- Has a relative, friend, doctor or co-worker expressed concern about your drinking?
- Have you ever felt guilty or embarrassed about things you have done while drinking?
- Have you ever been arrested for driving under the influence, or had other legal problems as the result of alcohol?
- Do you ever call in sick to work because of feeling hung over from drinking?
- Has drinking affected your ability to fulfill your family or employment responsibilities?

# depression