



# Yelugnta and Gemena

## Topic Specific Guidance

### Definitions

Understanding the issue so you can recognize it

### Resources

What resources are available and where to get help

### Prevalence

How common is it?

### Guide To Helping

Topic Specific Guidelines



*Disclaimer: The information provided here is not intended as medical or professional guidance but an attempt to provide a brief overview of guidelines for being helpful and basic general information on issues of concern. Seek out more information on the hotlines and websites provided as guidance and provide information on getting professional assistance whenever possible. Guidance is based on first aid mental health.*

# Mental Health Disorder

## Definitions



### Depression

A common and serious medical illness that negatively affects how you feel, the way you think and how you act for an extended period (two weeks or more). Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed and can decrease a person's ability to function at work and at home



### Anxiety Disorder

Anxiety can vary in severity and duration, when it's a disorder, it is more intense, it is long lasting and it interferes with the person's work, activities and relationships. Examples include Trauma (Post Traumatic Stress Disorder), Panic Attacks and Obsessive Compulsive Disorder (OCD).



### Psychosis

A general term used to describe a loss of contact with reality, resulting in severe disturbances in thinking, emotion and behavior. It can severely disrupt a person's relationships, work and usual activities. *Bipolar Disorder*: Experience of extreme mood swings with periods of depression and periods of mania and long periods of normal mood. *Schizophrenia*: Change in mental function where thoughts and perceptions become disordered.



**Eating Disorder** A person with eating disorder can have varying weights but most with a disorder are very distressed about appearing overweight or physically unattractive.

**Substance Use Disorder** Different substances affect the brain in different ways. Abuse of alcohol or drugs which leads to work, school, home, health or legal problems.

## What Resources Are Available?



- Hotline 1-888-NYC Well
- National Institute for Mental Health  
1-866-615-6464 (toll-free)
- HabeshaHealth@gmail.com
- Suicide Prevention Lifeline  
1-800-273-TALK

## How Common Is It?

Mental health disorders such as depression, bipolar disorder, and anxiety may affect more than 18 percent of people. One in five in the US are affected by some mental health disorder but only half receive treatment. The impact can range from mild to severe.

**Depression**: Approximately 7.1% adults and adolescents in the US had at least one major depressive episode, most common within the 18-25 age group (13.1%).

**Anxiety Disorder**: Anxiety disorders affect 40 million adults (or 18.1% of the population) and 25.1% of children between 13 and 18 years old.

**Psychosis: Schizophrenia** - More than 250,000 US cases per year. 1.2% of Americans have the disorder.

# Intimate Partner Violence

## Definition



Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically. Intimate Partner Violence is inclusive of violence that exists between intimate partners that do not live together.

## What Resources Are Available?

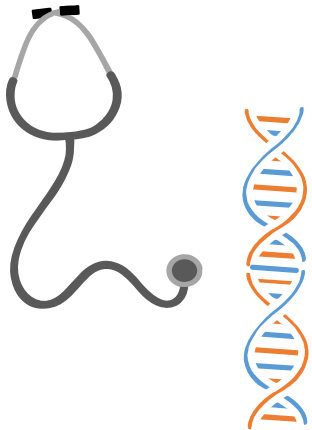


- Hotline - 1-800-621-HOPE
- Sauti Yetu for African Women- (718) 665-2486
- Sanctuary for Families - (212) 349-6009
- Family Justice Centers One in Each Borough- (212) 602-2800

## How Common Is It?

- 1 in 4 women and 1 in 7 men will experience physical violence by their intimate partner at some point during their lifetimes.
- About 1 in 3 women and nearly 1 in 6 men experience some form of sexual violence during their lifetimes.”

# Autism Spectrum Disorder



## Definition

A range of conditions characterized by challenges with social skills, repetitive behaviors, restricted interests, speech and nonverbal communication. These affect the person's function in school, work and other areas. Autism is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms people experience. Although ASD can be a lifelong disorder, treatments and services can improve a person's symptoms and ability to function.

## How Common Is It?

In the United States, 1 in 59 according to CDC. It occurs in all racial, ethnic and socioeconomic groups. Four times more common with boys. In 1 to 2% of the population.

1 in 6 children experiences a developmental disability (2006-2008).

In a Texas Study of autism presence in Ethiopian Language speaking parents groups, prevalence was as high as 1 in 22 students. \*

## What Resources Are Available?



- Reach - <https://www.reachfamilies.org/> call (214)364-8011 to join a monthly or <https://www.facebook.com/groups/454918007982318/?ref=share> for an Ethiopian and Eritrean closed group.
  - Ethiopian and Eritrean Special Needs Community -800) 403-7851
- Autism Speaks [www.autismspeaks.org](http://www.autismspeaks.org)
- Early Intervention Program
    - NYC – 311
    - NJ – 888-653-4463
  - National Institute of Health <https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml>

\*Leah Seyoum-Tesfa's Fellowship Research on Prevalence of Autism in Children of East African Descent in Texas

# Guide to Helping

## Autism

Show sympathy and warmth to parents.

Give parents TIME to come to terms with their child's challenges.

HELP the parents with tasks such as baby-sitting, transportation so they can get a break.

OFFER resources such as early professional intervention. Make the resources concrete.

CONNECT them with other parents of special needs children.

LISTEN and acknowledge parents' concerns.

Encourage them as they seek more information.

## Mental Health Disorder



Look for signs of thoughts of suicide, if detected, ask if they're thinking of committing suicide.

Rely on a professional for treatment options. Provide resources to make that connection.

Treatment options may include medication, brain stimulation therapies and psychotherapy

## Intimate Partner Violence

Give survivors space and operate at their pace.

Know that it may take multiple attempts to address it before succeeding.

If the person seeking help is the perpetrator [www.connect.org](http://www.connect.org) for trainings and men's groups.