

Mental evaluation, a way to take care of emotional health

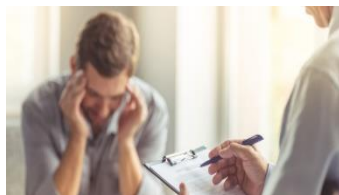


Being attentive to what is happening is key to identifying situations that may be altering emotional health. Life itself can present challenges that affect and unbalance feelings, thoughts, and the way in which what is happening around us is interpreted. On the other hand, biological changes can occur, such as some physical health diagnosis, that alter the state of mental health. Being aware of this is key to being able to

acquire the right help and service at the right time.

What is the mental evaluation?

The mental assessment consists of a series of observations, questions, and activities to determine if the person is oriented to himself, time, and space (who he is, what day it is today, where he is). It is carried out by professionals of human behavior, among them, clinical social workers, psychologists, and psychiatrists, who will be able to establish a diagnosis and treatment to follow. Most of the time, professionals evaluate the person at different times to get a broader picture of their mental



health status, progress, or stagnation of treatment.

To have an analysis of what is affecting the person, information is collected about their medical and mental history, family environment, social, economic, educational, or work conditions in which they live and immediate need at the time of the evaluation.

The professionals will observe details such as physical appearance, speech and language, motor activity, thought content, perception, concentration, attention, memory, affection, judgment, and the potential risk that the person threatens the

life or property of himself or others. It also considers available support networks and whether you are accessing the service voluntarily or involuntarily. It is very likely that order laboratory tests to rule out whether the cause of the mental disturbances is physical, such as hormonal imbalance, side effect of some medication, or if it is due to the abuse of alcohol or illicit drugs.



According to the cause or root of the mental problem, the diagnosis and treatment will be established. To identify if you are dealing with a situation that has been upsetting your mood in the past two weeks, ask yourself the following questions:

Have you had little interest or pleasure in activities you used to do?	Have you felt bad about yourself?
Have you felt down, sad, worried, or hopeless?	Have you had difficulty concentrating?
Are you having trouble sleeping or have you slept too much?	Have you had changes in your appetite, or have you eaten excessively?
Have you been feeling tired or low on energy?	Have you had sudden changes in your mood?
Have you thought it would be better to be dead or tried to hurt yourself?	

Social and Emotional Aspect

If you answer yes to any of the above, contact your primary care physician immediately for help in making an appointment with a behavioral health professional.

Stigma around mental health

The stigma associated with mental health refers to negative attitudes or beliefs that lead people to devalue, discredit or disadvantage people who are diagnosed and receive services to treat mental illnesses. This can cause a person who needs evaluation and medical attention for a mental situation to desist from receiving help for fear of being discriminated against, rejected or even violence by others.



Education, solidarity, and empathy are essential to reduce the impact of stigma at a social level regarding mental health.

Importance of having a mental evaluation on time

Most mental health conditions improve with proper diagnosis and early treatment. Receiving medical and psychological care is essential to preserve mental and physical health. Proper treatment can prevent health complications, such as the deterioration of pre-existing medical conditions, while improving quality of life and reducing the potential risk of suicide.



For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns, visit your primary care physician, or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

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