

BRAINSTORMING



Volume 2, Issue 4

July, 2017

Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, right click on the "Read more" link following the introduction to each article and open the hyperlink. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at lkohr@cox.net.

How Do You Know if You Are Depressed or Just Sad?

Contrary to what some people believe, depression and sadness are not the same thing. Sadness can come and go and affects your mood, while depression is a lingering cloud that affects your overall ability to function.

Sometimes it can be tricky to distinguish between what is normal for those going through a rough patch of life and actual clinical depression. Read the signs below to determine if your Eeyore-like mood could be something more.

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Trial Finds Rapid Reduction in Suicidal Thoughts after Ketamine Treatment in Patients with Bipolar Disorder

Thoughts of suicide in patients with bipolar disorder declined significantly within 24 hours following treatment with ketamine, according to a small randomized trial reported April 28 in the journal *Bipolar Disorders*.

As many as 25 percent of people with bipolar disorder make at least one suicide attempt in their lifetimes. Unfortunately, most antidepressant treatments that benefit patients with "unipolar" depression are not appropriate for treating depressive episodes in patients with bipolar disorder, and interventions that reduce suicidal thoughts and behavior in this group are severely limited.

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Nearly 10 Million U.S. Adults Suffer From Mental Illness More than a third aren't getting help, federal study says

Nearly 10 million American adults have a serious mental illness, and a similar number have considered suicide during the past year, according to a new government report on the nation's behavioral ills. The report also said that 15.7 million Americans abuse alcohol and 7.7 million abuse illicit drugs.

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Antidepressants During Pregnancy Safe for Baby: Study It finds newborns aren't more likely to be irritable, hard to feed or sleepless

Expectant mothers, if you're taking an antidepressant it won't make your newborn cranky or at higher risk for other problems, researchers report. Northwestern University researchers divided 214 new moms into three groups: those with a mood disorder who were not using an antidepressant; those who were taking a serotonin reuptake inhibitor (SRI) antidepressant; and those without a mood disorder who were not on an antidepressant.

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New Class of Drugs Shows Promise for the Treatment of Schizophrenia in Animal Models

By inhibiting a previously untargeted nerve-cell receptor in the brain, researchers have discovered a new class of compounds that may be useful in the treatment of schizophrenia. In animal models of the illness, the team suggests that these compounds have the potential to provide treatment with fewer side effects, greater selectivity, and enhanced effectiveness, according to their research paper published April 12, 2017, in *Neuropsychopharmacology*.

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