

## COMMONLY ASKED QUESTIONS

### Q: Can anemia cause mental health problems?

A: Yes, anemia can lead to fatigue, brain fog, irritability, and low mood, which can feel like depression or anxiety.

### Q: Can treating anemia improve mental health symptoms?

A: It might! If your mental health symptoms are caused by anemia, treating the anemia often helps.

### Q: Can mental health conditions cause anemia?

A: Stress and poor diet linked to mental health conditions can sometimes contribute to anemia.

### Q: Do I need a special diet to prevent anemia?

A: Yes, it will help to eat foods rich in:

- Iron like spinach, red meat, beans
- Vitamin B12 like eggs and dairy
- Folate like leafy greens

Customer Service 800-317-0708 or  
989-772-5938  
Michigan Relay 7-1-1  
24-hour Crisis Telephone  
Convenient Office Locations and Hours

#### Clare County

789 North Clare Avenue  
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989-539-2141

#### Isabella County

301 South Crapo Street  
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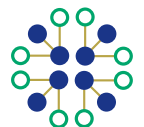
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CMHCM receives financial support from the Michigan  
Department of Health and Human Services.



## FATIGUE, MOOD SWINGS, AND MORE: IS IT ANEMIA OR MENTAL HEALTH?

Fatigue and mood swings can be caused by both anemia and mental health conditions, making it difficult to determine the root cause. However, anemia, particularly iron deficiency, is known to be associated with fatigue, weakness, and sometimes even mood changes. Mental health conditions, like depression, also present with fatigue and mood swings.



**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

## WHAT IS ANEMIA?

Anemia is a condition where your body lacks enough healthy red blood cells to carry oxygen to tissues.

Common causes include:

- Iron Deficiency
- Vitamin B12 Deficiency
- Chronic Diseases
- Blood Loss
- Folate Deficiency
- Alcohol Use

Common symptoms include:

- Fatigue
- Weakness
- Pale skin
- Shortness of breath

## THE OVERLAP OF ANEMIA AND MENTAL HEALTH

- Both can cause tiredness, trouble thinking clearly, irritability, feeling down, and anxiety.
- The overlap happens because less oxygen reaches the brain, which can affect thinking and emotions.
- You should think about anemia if physical signs, like pale skin or weak nails, get worse even after treating mental health problems
- Mental health problems might be the cause if emotional issues continue, even after fixing physical health problems



## DIAGNOSIS AND TREATMENT



- Consult your healthcare professional at CMHCM to run a complete blood count (CBC), ferritin, and vitamin B12 levels
- Depending on the result of the blood tests, treatment options include iron supplements, dietary changes, and treating the underlying causes.
- Treatment for mental health includes therapy, medications, and lifestyle changes.