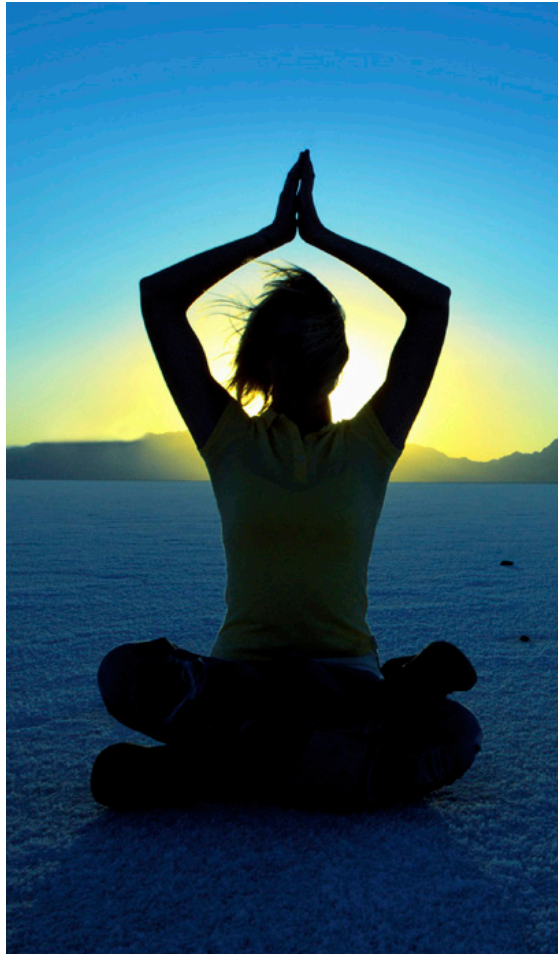


## TREATMENT OPTIONS

- Thyroid hormone replacement therapy (levothyroxine)
- Balanced diet rich in iodine and selenium
- Regular exercise
- Stress management techniques



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  
Harrison, MI 48625  
989-539-2141

### **Isabella County**

301 South Crapo Street  
Mt. Pleasant, MI 48858  
989-772-5938

### **Gladwin County**

655 East Cedar Street  
Gladwin, MI 48624  
989-426-9295

### **Mecosta County**

500 South Third Avenue  
Big Rapids, MI 49307  
231-796-5825

### **Midland County**

218 Fast Ice Drive  
Midland, MI 48642  
989-631-2320

### **Osceola County**

4473 220th Avenue  
Reed City, MI 49677  
231-832-2247

Accredited by:



*Joint Commission*

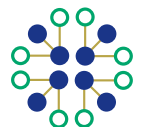
On Accreditation of Healthcare Organizations

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Department of Health and Human Services.



## HYPOTHYROIDISM AND MENTAL HEALTH: UNDERSTANDING THE CONNECTION

If you, or a loved one, are struggling with mental health symptoms that don't improve with treatment, consider asking about thyroid testing.



**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

## WHAT IS HYPOTHYROIDISM?

Hypothyroidism occurs when the thyroid gland does not produce enough thyroid hormones. These hormones regulate metabolism, energy levels, and brain function.

## SYMPTOMS

- Fatigue
- Weight gain
- Hair loss
- Dry skin
- Constipation
- Depression
- Feeling cold
- Sleeplessness

## SHARED SYMPTOMS

- Depression: Fatigue, low mood, weight gain, difficulty concentrating, and lack of motivation.
- Anxiety: Nervousness, irritability, sleep disturbances, and heart palpitations.
- Brain Fog & Cognitive Disorders: Memory issues, slow thinking, and difficulty focusing.



## HOW TO DIFFERENTIATE



- Blood Tests: Checking TSH, T3, and T4 levels can confirm thyroid dysfunction
- Look for cold intolerance, dry skin, constipation, and hair thinning, which are not common in primary mental health disorders
- If traditional antidepressants or anti-anxiety medications are not effective, consider a thyroid evaluation