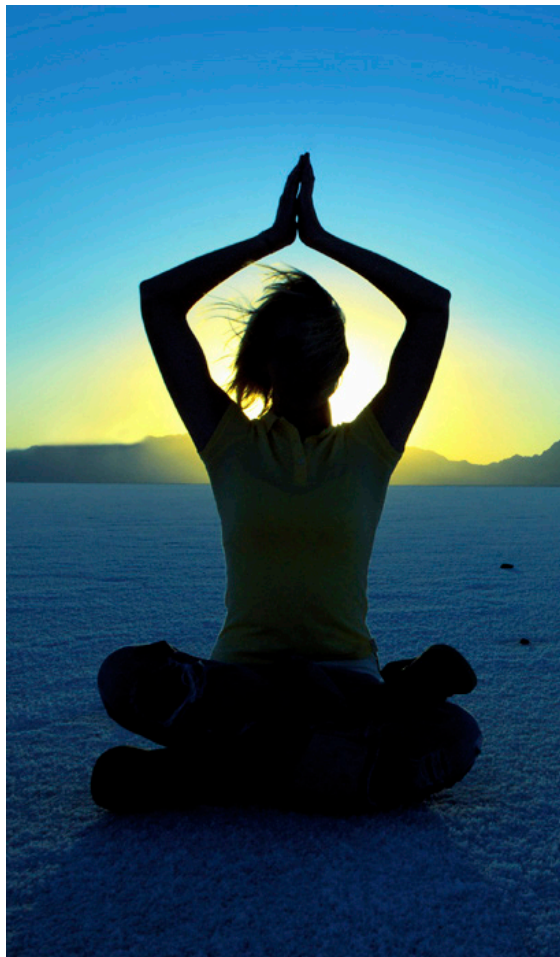


TREATMENT OPTIONS

- 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

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HYPOTHYROIDISM AND MENTAL HEALTH: UNDERSTANDING THE CONNECTION

Hypothyroidism, a condition where the thyroid gland doesn't produce enough hormones, can significantly impact mental health. Symptoms like fatigue, depression, anxiety, and cognitive difficulties are commonly associated with hypothyroidism.

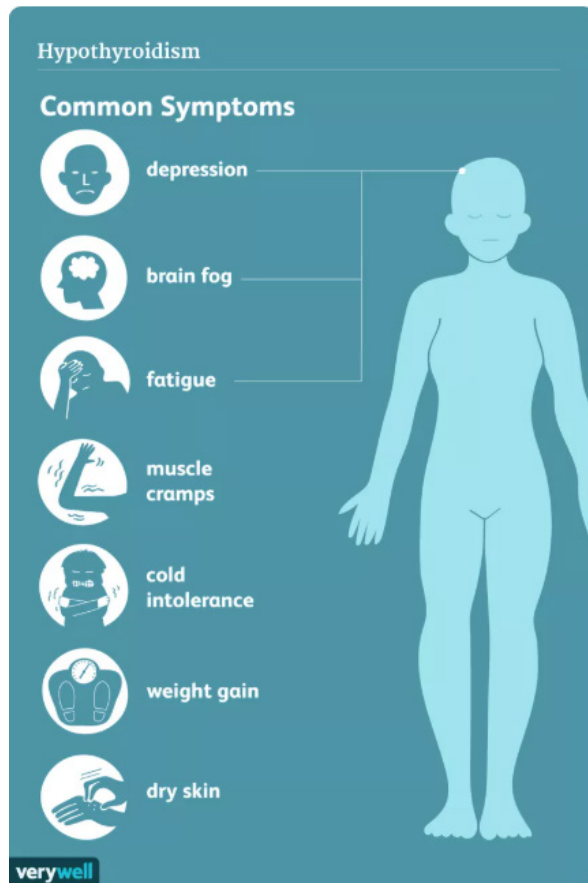
If you, or a loved one, are struggling with mental health symptoms that don't improve with treatment, consider asking about thyroid testing.



**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.



Credit: Verywell / Emily Roberts

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