



The relationship between physical and mental health problems

Did you know?

According to the World Health Organization (WHO), "Health is a state of complete physical, mental and social well-being, and not just the absence of conditions or diseases." From this definition, we can understand how health is not only composed of the physical component, but that the latter is closely linked to mental health and cannot be separated from each other.

There are times when an emotional problem can cause headaches or discomfort in your body. The Vital Plan has a model of care that integrates physical and mental health. This model allows at the outpatient level that a beneficiary can receive mental health services in their Primary Medical Group (PMG). Take action and manage appropriate treatment for you is essential. The Primary Care Physician along with the Mental Health Professional will develop a care plan to attend the patient needs. If your condition is mental, seek help and treatment immediately to manage and improve your health.

How can your health be affected?

Physical health and mental health are related to each other. Our body responds to the way of thinking, feeling and acting. Having mental health problems is a risk factor for physical conditions. When you are stressed or upset, your body reacts in a way that can indicate that something is not right. For example, you may develop a headache, discomfort in your body or high blood pressure.

Symptoms

Some mental conditions may have physical symptoms, which can affect emotions and thoughts if they are not treated properly. Some examples are the following:

Sadness	Experiencing fears
Frequent tremor or trembling sensation	Respiratory problems, agitation (Palpitations)
Tiredness or low energy, fatigue	Sleeps too much or too little
Weight loss	Dizziness
Mood changes	Muscle tension



What should I do if I have any symptoms or have questions?

- If you feel sick, you should consult with your doctor. Your doctor will give you a complete and appropriate evaluation to determine if your symptoms are physical or emotional.
- You do not need a referral to receive mental health services in your Primary Medical Group.
- Most Primary Medical Groups have psychologists and/ or social workers with whom you can arrange an appointment for psychological evaluation.

- In the Mental Health facilities, they have a multidisciplinary team composed of child and adult psychologists, child and adult psychiatrists, clinical social workers, addiction counselors, certified general practitioners in Buprenorphine and nurses who will provide an integrated service.
- It is important to take action and receive the right treatment for you. If your condition is mental, seek help and treatment immediately to improve your health.

Remember

- Some mental conditions may have physical symptoms, which can affect emotions and thoughts if they are not treated properly.
- If you feel sick, you should consult your doctor. Your doctor will give you a complete and appropriate evaluation to determine if your symptoms are physical or emotional.
- Most Primary Medical Groups have psychologists and / or social workers with whom you can arrange an appointment for psychological evaluation.

**You are
important!**

Important

If you need emergency services, you can dial 9-1-1, or go to any emergency room.

If you have any symptoms that you understand requires immediate attention, before visiting an emergency room, you can call the Medical Advice Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) days of the week. TTY/TDD users should call 1-844-347-7804. When you call the Medical Advice Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your emergency room visit.

For additional information

Customer Service Department
1-844-347-7800

TTY/TDD 1-844-347-7805

Visit our website
www.firstmedicalvital.com

References

American Psychiatric Association. (2015), Understanding Mental Disorders: Your Guide to DSM-5. Washington: American Psychiatric Publishing.

<https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/index.shtml>

<https://www.asespr.org>

<https://familydoctor.org/mindbody-connection-how-your-emotions-affect-your-health/>