

Being Open and Honest About Mental Health

OSF HealthCare Newsroom

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Nearly 1 in 10 Americans experience depression. That number is even higher when it comes to young people, with a study in the American Journal of Preventive Medicine finding 1 in 5 adolescents and young adults dealing with depression.

Effects of depression know no bounds, with even the highest-ranking public officials experiencing it. In February, U.S. Sen. John Fetterman, D-Penn., received treatment for his depression at Walter Reed National Military Medical Center. He was discharged in late March, and returned to the U.S. Senate in April.

After he left Walter Reed, Fetterman opened up about his depression and urged Americans to seek help if they need it.

“Go to the doctor or whoever you’re able to. Address your depression. I was skeptical it would make anything better, but it did. It works. And I’m so grateful,” Fetterman told People Magazine.

OSF HealthCare offers mental health support for patients across the Ministry. Katie Koeller, a behavioral health navigator with OSF, says that speaking with a trusted source can help you get back to being your best self.

“If you’re struggling through all this, you’re not living your best life,” Koeller says. “The sooner you’re able to open up and talk to someone about what’s happening, the better off you are and the sooner you can feel like yourself again.”

Koeller says she, and other behavioral health navigators at OSF, can help people get connected with helpful resources in their local communities.

“I’m a resource that’s free to the community,” Koeller says. “It doesn’t have to be something in our hospital.”

Koeller adds that finding support is very important, but says sometimes it just takes that one person to help you get back on track.

“Find that person who you can confide in. Make sure they’re comfortable with that, but have somebody who can help guide you. Because it’s really hard to do that on your own, especially when you’re struggling,” Koeller says.

If you’re struggling and need immediate help, call the Suicide & Crisis Lifeline at 988. It’s a national network of local crisis centers that provide free and confidential support, and is available 24/7.

OSF HealthCare provides a wide variety of behavioral and mental health treatment options. You can find services, care providers and locations at osfhealthcare.org/mental-health/.