

# Ellsworth Free Medical Clinic Newsletter May 2025



## Clinic Updates

Flu season may be over; however, we still have the current flu vax until end of June available for those who wish to have it or need proof of vax for work.

The search continues for additional nurse volunteers and we are now advertising on our FB page. The use of Medical Assistants (MA) has been approved provided a clinical coordinator is available.

### **May is National Mental Health Month**

Telling the difference between expected behaviors and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning

- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" )
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches,

vague and ongoing “aches and pains”)

- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Don't be afraid to reach out if you know someone that may need help.

If someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat [988lifeline.org](https://988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

Looking at our numbers so far through April 2025:

Patient visits: 275  
Unduplicated patient count: 98  
Value of care provided:  
\$53,325  
Volunteer hours: 356.75  
Counties served: Hancock,  
Kennebec, Somerset,  
Washington, Piscataquis

*Contact us at:*

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207-667-7953

*Eric*