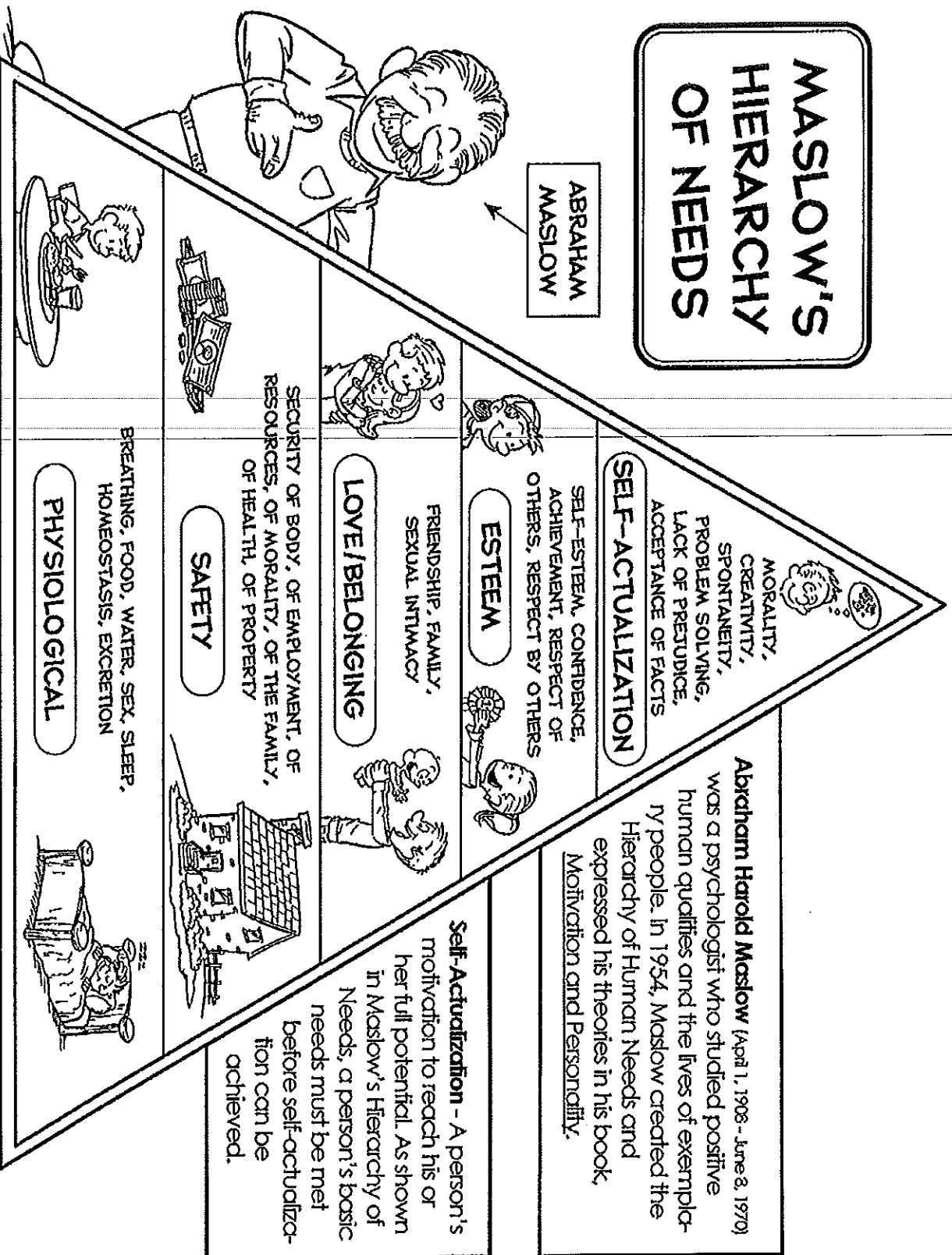


MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book *Motivation and Personality*.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

Setting Life Goals

For each category listed below, write down the things you are doing well, and the areas where you need improvement. Then, write a goal or two for each category.

Category	What I'm Doing Well	Where I Need Improvement	My Goals
Family			
Friends			
Work/School			
Spirituality			
Body			
Mental Health			

Corpus Christi General Resource List

Food Assistance

Under certain circumstances you may qualify for financial assistance for purchasing food called the Supplemental Nutrition Assistance Program-SNAP ("Food Stamps").

www.yourtexasbenefits.com

- Create an account, log in, and complete the SNAP application. For more information and questions visit their website or call 2-1-1. A prescreening tool is available on the website to determine which benefits you may qualify for.

If you prefer to NOT use Izzy's Pantry the nearest pantry for zip code 78412 is located below.

St. John's United Methodist Church

5300 S. Alameda St. CC, TX 78412

Wednesday & Thursday 9:00 am - 12:00 pm

FMI 361-991-4342

For other locations please call the Coastal Bend Food Bank at (361) 887-6291 and you will be given information for the location closest to your zip code.

Physical Health Care

Amistad Community Health Center (361) 884-2242

1533 S. Brownlee Blvd. Corpus Christi, TX 78404

Primary medical care services including women's health and dental provided on a sliding fee scale (depending on income is what the patient will be charged). Call FMI and documentation needed to enroll, or visit www.amistadchc.com

Men's & Women's Health Services (361) 857-0101

4410 Dillon Lane #1, Corpus Christi, TX 78415

Annual exams, birth control, contraception, general health (i.e. cold, cough, ear infections), STI testing & treatment. Call FMI; sliding fee scale for services (depending on income is what the patient will be charged).

Other Emergency Aid

Catholic Charities (361) 884-0651

Social Services including food pantry, bill assistance, medication assistance, immigration assistance, and other emergency needs.

- *Downtown Office:* 615 Oliver St. CC, TX 78408
- *Flour Bluff Office:* 2233 Waldron Rd. CC, TX 78418

Call (361) 929-9077 to verify hours and services provided at this location.

Salvation Army (361) 884-9497

521 Josephine St. Corpus Christi, TX 78401

Case management, job search resources, clothing resources, personal hygiene items, short-term assistance, temporary housing shelter. Call FMI and program or assistance availability.

This list does not contain every resource available in the community. For complete resource information for the state of Texas, please call 2-1-1 from any phone or visit 211.org

What is Depression?

Symptoms of a Depressive Episode

depressed mood	loss of interest or pleasure	significant weight change	diminished concentration
sleep difficulties	fatigue nearly every day	feelings of worthlessness	recurring thoughts of death

Symptoms must cause significant distress.

Symptoms must last for at least two weeks.

Demographics

- Women are 2x more likely to develop depression.
- About 1 in 10 people will experience depression during their lifetime.
- Most people experience their first depressive episode between ages 20 and 30.

Risks for Depression

- Family history of depression or similar disorders.
- Poverty, unemployment, social isolation, and other stressful life events.
- Regular drug and alcohol use.

Psychotherapy

(Cognitive Behavioral Therapy)

CBT works by changing self-defeating thoughts and behaviors.

CBT has been found to be equally, if not more effective than medicine in many cases.

CBT is the most researched form of psychotherapy for depression.

Medication

(Selective Serotonin Reuptake Inhibitors)

SSRIs increase the level of serotonin (a chemical related to depression) in the brain.

Studies suggest that SSRIs are the most effective when used to treat severe depression.

SSRIs don't work overnight—it might take up to 6 weeks before they reach their full effect.

A combination of both psychotherapy and medication has been found to be the most effective treatment for depression.

Other Facts

- Over ½ of those diagnosed with depression also suffer from anxiety.
- 60% of those who commit suicide suffer from depression or a related mood disorder.
- Physical exercise has been found to have a significant antidepressant effect.
- Depressive episodes also occur during bipolar disorder alongside manic episodes.