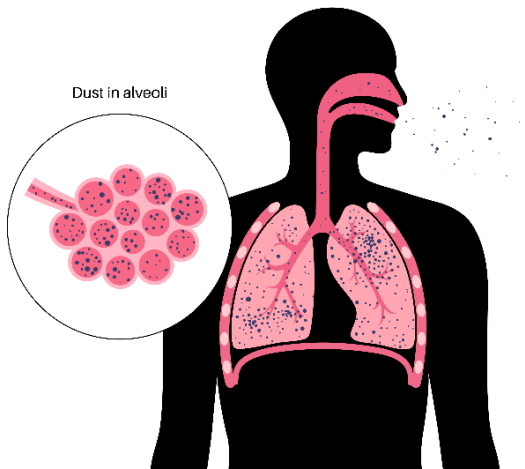


What is silicosis?

- A preventable occupational lung disease.
- Caused by inhaling silica dust in the workplace.
- Incurable and can be deadly.
- Some patients that require a lung transplant may be eligible.
- It may take 10-15 years to develop symptoms.
- Symptoms include, but are not limited to, cough, fatigue, weight loss, trouble breathing, and chest pain.



Individuals in the following industries have the highest risk of silica dust exposure

- Stone cutting and fabrication
- Construction
- Mining

LACDMH Values

Integrity. We conduct ourselves professionally according to the highest ethical standards.

Respect. We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

Accountability. We take responsibility for our choices and their outcomes.

Collaboration. We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication. We will do whatever it takes to improve the lives of our clients and communities.

Transparency. We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence. We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.

If you are in crisis and need help right away, call our 24/7 toll-free Help Line: [800.854.7771](tel:800.854.7771)

Those with hearing or speech disabilities may [call 711](tel:711) and ask the operator – who will serve as the interpreter between the caller and our staff – to call our Help Line.

dmh.lacounty.gov



▶▶ **Silicosis Support Resources**



LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.



Challenges individuals and families may face due to a silicosis diagnosis

Financial Stress. Reduced income if the individual must cut back hours or stop working.

Medical and Health Care Costs. Ongoing doctor visits, medications and treatments.

Changes in Family Roles. Family members may need to take on new responsibilities such as caregiving or managing finances.

Emotional Stress. Might cause worry, grief and fears about a loved one's health and future.

Impact on Children. Children may worry about their parents' health or changes at home.



The mental health impact of silicosis

Living with silicosis or caring for someone with the disease can affect your mental health. Many individuals must reduce work hours or stop working altogether, creating additional stress related to finances, medical care and family responsibilities. People diagnosed with silicosis may experience:

- Anxiety or panic attacks related to difficulties breathing.
- Depression or sadness.
- Anger or frustration.
- Fear or uncertainty about the future.

Support and resources

Call 211 or visit 211LA.org to connect with support groups and community resources.

Los Angeles County Department of Mental Health Silicosis Resources
dmh.lacounty.gov/mental-health-resources/silicosis-resources/

Los Angeles County Department of Public Health Silicosis Website
publichealth.lacounty.gov/silicosis/

Coping and supporting individuals impacted by silicosis

Taking care of yourself and staying connected with others can help during difficult times. Here are some ways to support your wellbeing:

- Practice self-care.
- Eat regularly and get enough rest.
- Maintain daily routines when possible.
- Stay connected by talking with friends, family or trusted community members.
- Focus on personal strengths.
- Avoid alcohol or drugs as coping strategies.
- Adjusting to illness or loss takes time, grief, sadness and uncertainty are normal.
- Listen without judgment.
- Engage in shared activities.
- Offer practical help (meals, errands and visits to doctors).