



Getting Help for Your 1 in 4



Some people find it really hard to say what they want and don't want from their treatment. But over the years, more and more people with mental health conditions realize it's their right to speak up. In fact, some people call themselves mental health "consumers" to show that they can choose what services to purchase and where.

Where to Go for Help

Where you go for help will depend on who has the problem (an adult or child) and the nature of the problem and/or symptoms. Often, the best place to start is your local mental health organization. Visit our "Affiliate Finder" at www.mentalhealthamerica.net/go/searchMHA to search for a local affiliate.

First Steps to Finding Help

- **You can get referrals from your family doctor, clergy or local Mental Health America office** (which also may provide mental health care services) and crisis centers. Consider getting a few names, so you can interview more than one person before choosing.
- **Your insurance company** can provide a list of providers who are in your plan.
- **Eligible veterans can get care through the U.S. Department of Veterans Affairs.** For more information, go to www.va.gov/health or call 1-877-222-8387.
- **You can find affordable mental health services through the Substance Abuse and Mental Health Services Administration.** Visit <http://mentalhealth.samhsa.gov/databases/> or call 1-877-726-4727.
- **Your local health department's mental health division or community mental health center** provides free or low-cost treatment and services on a sliding scale. These services are state funded and are obligated to first serve individuals who meet "priority population criteria" as defined by the state Mental Health Department.
- **Your company's employee assistance program (EAP)** can issue a referral to a provider. Reach out to your Human Resources office to get more information about your company's EAP.
- **Medicare offers a list of participating doctors** on its website, www.medicare.gov. (Click on "Find a Doctor").
- **Providers who accept Medicaid may be listed by your state Medicaid office**, which you can find by using the map at www.namd.org.

Which Mental Health Professional Is Right For Me?

Psychiatrist is a medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other doctors, psychiatrists are qualified to prescribe medication. A Child/Adolescent Psychiatrist has special training in the diagnosis and treatment of emotional and behavioral problems in children.

Psychologist has a doctoral degree in psychology, two years of supervised professional experience, including a year long internship from an approved internship and is trained to make diagnoses and provide individual and group therapy.

Clinical Social Worker is a counselor with a master's degree in social work trained to make diagnoses and provide individual and group counseling.

Licensed Professional Counselor is a counselor with a master's degree in psychology, counseling or a related field trained to diagnose and provide individual and group counseling.

Mental Health Counselor is a counselor with a master's degree and several years of supervised clinical work experience trained to diagnose and provide individual and group counseling.

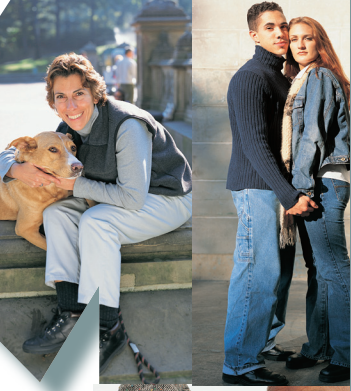
Certified Alcohol and Drug Abuse Counselor is a counselor with specific clinical training in alcohol and drug abuse trained to diagnose and provide individual and group counseling.

Marital and Family Therapist is a counselor with a master's degree, with special education and training in marital and family therapy trained to diagnose and provide individual and group counseling.

Pastoral Counselor is a member of clergy with training in clinical pastoral education trained to diagnose and provide individual and group counseling.



do more for **1 in 4**



You Called a Mental Health Professional...Now What Do You Do?

Spend a few minutes talking with him or her on the phone, ask about their approach to working with patients, their philosophy, whether or not they have a specialty or concentration. If you feel comfortable talking to the counselor or doctor, the next step is to make an appointment.

On your first visit, the therapist or doctor will want to get to know you and why you called him or her. The therapist will want to know—what you think the problem is; about your life; what you do; where you live and with whom you live. It is also common to be asked about your family and friends. This information helps the professional to assess your situation and develop a plan for treatment.



The following are a few common types of therapy:

- **Cognitive-behavioral therapy (CBT)** has two main aspects. The cognitive part works to develop helpful beliefs about your life. The behavioral side helps you learn to take healthier actions.
- **Interpersonal therapy** focuses largely on improving relationships and helping a person express emotions in healthy ways.
- **Family therapy** helps family members communicate, handle conflicts and solve problems better.
- **Psychodynamic therapy** helps people develop a better understanding about their unconscious emotions and motivations that can affect their thoughts and actions.
- **Art therapy** can include using music, dance, drawing and other art forms to help express emotions and promote healing.
- **Psychoeducation** helps people understand mental health conditions and ways to promote recovery.



As you progress through the therapeutic process, you should begin to feel gradual relief from your distress, to develop self assurance and have a greater ability to make decisions and increased comfort in your relationship with others. Therapy may be painful and uncomfortable at times but episodes of discomfort occur during the most successful therapy sessions. Mental health treatment should help you cope with your feelings more effectively.

What about Self-Help/Support Groups?

Peer support can be an important addition to the help you receive from professional mental health providers. Many people find self-help support groups a valuable resource. These groups, led by a layperson, are designed to bring together people with similar mental health or substance abuse conditions. People with mental health conditions—who often refer to themselves as mental health consumers—have organized other types of peer supports, including drop-in centers, warm-lines and training courses in wellness and recovery.

Other Resources

For help finding treatment, support groups, medication information, prescription assistance, our local Mental Health America affiliate offices, etc. we encourage you to use the resources found in the Frequently Asked Questions and Answers (FAQs) section of our website at www.mentalhealthamerica.net/go/information/faqs.

Our FAQs are set up to help you link directly to the treatment, support groups, medication information, sections of the following websites and to many additional resources. If you or someone you know is in crisis, please call your local crisis center or 1-800-273-TALK (8255) to reach a 24 hour crisis center.

Mental Health America
2000 N. Beauregard Street, 6th Floor
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(703) 684-7722
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