

B4Stage4

Where to Get Help

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use the decision map below to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.



B4Stage4 Get Help

You've decided to get help—that itself is a big step—now it's important that you understand options for treatment. You may end up trying a few different options or a combination of treatments, not just one. That's okay—it is all about what works best for you. This list doesn't include everything, and there are many other treatments and providers (visit mentalhealthamerica.net for more information). Make sure you tell your treatment team about all of the options you're using.

Therapy

There are many approaches to therapy for individuals and groups, including cognitive behavioral therapy.

Provided by: Psychologists, Licensed Clinical Social Workers (LCSWs), Pastoral Counselors, other specialists like Marriage and Family Therapists, some Psychiatrists, Inpatient Care, Hospitals



Medication

Medications aren't cures, but they can treat symptoms. Every medication has benefits, risks, and side effects. Keep in mind that it may take 6-8 weeks for a medication to have its full effect.

Provided by: Psychiatrists, Other Medical Doctors, Nurse Practitioners and Physician's Assistants (under supervision of a doctor), Inpatient Facilities, Hospitals



Peer Support

While they aren't counselors, peers can give valuable insight on how to recover from mental illnesses because they have experience. Peers provide hope, education and advocacy.

Provided by: Certified Peer Specialists, Peer Supporters, Support Groups, Online Support Communities



Community-Based Services

Community-based mental health services are team approaches that help you and your family work on all aspects of life and recovery. Common community services include: evaluations of your mental health and role in the community, education to empower personal recovery, individual and group therapy, case management, and supported education and employment. These services are provided through small or large programs and while some work might be completed in an office, most of the treatment is provided at your home and in your natural environment.

Provided by: Local MHAs, Community Mental Health Treatment organizations and programs. Check out the SAMHSA Treatment Locator at findtreatment.samhsa.gov



Complementary and Alternative Medicine

Many Americans, nearly 40 percent, use health care approaches developed outside of mainstream Western, or conventional, medicine for specific conditions or overall well-being.

The most commonly used natural product among adults in the past 30 days was fish oil/omega 3s (reported by 37.4 percent of all adults who said they used natural products).¹

Provided by: Doctors, Pharmacies, Internet (Caution advised—some natural supplements can have serious interactions with medications. Always discuss Complementary and Alternative treatments with a doctor.)



Self-Care

Self-care can include online, self-managed programs like Beating the Blues, which can improve the symptoms of anxiety and depression.² It can also include things like exercise, which can have a moderate effect on depression.³

Provided by: You

