

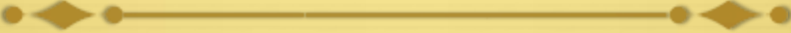


# Getting Help

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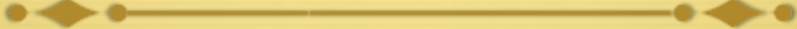
The first step to getting help for a mental health problem is being aware that help is needed.

# When Help Is Needed



- ✦ Many teams with mental health problems do not recognize the seriousness of their condition, or understand that help is available.
- ✦ Often, friends and family are the first to recognize that a problem is affecting the teen's life and relationships.
- ✦ Their concern may encourage the individual to seek help.

# When Help Is Needed



✦ Teens should seek help if they experience any of the following:

- **Feeling trapped or worrying all the time**
- **Feelings that affect sleep, eating habits, schoolwork, job performance, or relationships**
- **Becoming involved with alcohol or other drugs**
- **Becoming increasingly aggressive, violent, or reckless**

# Where To Go For Help



- ✦ People in your community are available to help
- ✦ Talk to a trusted adult to get help for a mental health problem
- ✦ Crisis hotlines allow for people to talk anonymously
- ✦ Mental health professionals are trained to help people with mental and emotional problems

- **Parent**
- **Guardian**
- **Teacher**
- **School Counselor**
- **School Nurse**
- **Clergy**
- **Crisis Hotlines**

# Where To Go For Help



## **Counselor**

- A professional who handles personal and educational matters

## **School Psychologist**

- A professional who specializes in the assessment of learning, emotional, and behavioral problems of schoolchildren

## **Psychiatrist**

- A physician who diagnoses and treats mental disorders and can prescribe medications

# Where To Go For Help



## **Neurologist**

- A physician who specializes in physical disorders of the brain and nervous system

## **Clinical Psychologist**

- A professional who diagnoses and treats emotional and behavioral disorders with counseling. Some can prescribe medications

## **Psychiatric Social Worker**

- A professional who provides guidance and treatment for emotional problems in a hospital, mental health clinic, or family service agency

# Treatment Methods



- ✦ Several methods can be helpful in treating a mental health problem
  - ✦ Psychotherapy
  - ✦ Behavior therapy
  - ✦ Cognitive Therapy
  - ✦ Family Therapy
  - ✦ Group Therapy
  - ✦ Drug Therapy

# Treatment Methods

- ✦ In **psychotherapy**, a dialogue is designed to find the cause of a problem and devise a solution.



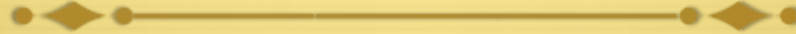
## **Key Term**

### **Psychotherapy**

An ongoing dialogue between a patient and a mental health professional



# Treatment Methods



- ✦ **Behavior therapy** can be used to treat mental health problems



## **Key Term**

### **Behavior therapy**

A treatment process that focuses on changing unwanted behaviors through rewards and reinforcements

# Treatment Methods

- ✦ **Cognitive therapy** can be used to treat mental health problems.

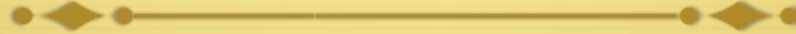


## **Key Term**

### **Cognitive therapy**

A treatment method designed to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or self-destructive

# Treatment Methods



- ✦ **Family therapy** is most successful when every member of the family attends the therapy sessions.



## **Key Term**

### **Family therapy**

Treatment that focuses on helping the family function in more positive and constructive ways by exploring patterns in communication and providing support and education

# Treatment Methods

- ✦ **Group therapy** members agree that whatever is said in the group is private. They agree not to discuss information heard during the group with others.

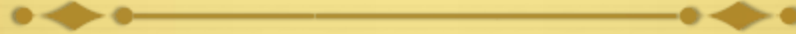


## **Key Term**

### **Group therapy**

Treating a group of people who have similar problems and who meet regularly with a trained counselor.

# Treatment Methods



- ✦ **Drug therapy** is sometimes used alone, but is often combined with other treatment methods.



## **Key Term**

### **Drug therapy**

The use of certain medications to treat or reduce the symptoms of a mental disorder

# Review



## 1. What is *behavior therapy*?

A treatment process that focuses on changing unwanted behaviors through rewards and reinforcements

# Review



- 2. Who might a teen reach out to at school about a mental health problem?**

Answers may include: teacher, coach, counselor, or principal.