***GETTING HELP***

***Chapter 5, Section 4***

***GLENCOE HEALTH (2011)***

**BIG IDEA:**

Mental health professionals and related agencies provide and for people with mental health problems

**NEW VOCAB:**

* psychotherapy
* behavior therapy
* cognitive therapy
* family therapy
* group therapy
* drug therapy

**When Help Is Needed**

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

Many teens with mental health problems do not recognize the of their condition, or understand that help is available.

Often, and are the first to recognize that a problem is affecting the teen’s life and relationships.

Their concern may the individual to seek help.

Teens should seek 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

**Overcoming the Stumbling Blocks**

The benefits of treatment encourage people to a reluctance to get help.

 Mental health problems are *not* easily without help.

 Asking for help shows inner and responsibility for one’s own wellness.

 Mental health problems are and require intervention.

 Talking to an , helpful individual can be a great relief.

 Financial help to pay for care may be available

**Where to Go for Help**

People in your are available to help.

It takes to confront a problem and try to solve it.

Talk to a trusted adult to get help for a mental health problem:

 

 Crisis hotlines allow people to talk

Mental health professionals are trained to help people with and emotional problems

***Mental Health Professionals***

 A professional who handles personal and educational matters

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

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

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

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

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

A mental health specialist respects a patient’s concern for confidentiality.

**Treatment Methods**

 Several methods can be helpful in treating a mental problem.

Mental health professionals may use several depending on their expertise and the needs of the patient.

Common Therapy Methods:

1. Psychotherapy
2. Behavior Therapy
3. Cognitive Therapy
4. Drug Therapy
5. Group Therapy
6. Family Therapy

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

 An ongoing dialogue between a patient and a mental health professional

Family therapy is most successful when every member of the family attends the therapy sessions

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

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.

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

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

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