



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

The Mental Health Association Presents:

## WELLNESS WEDNESDAY

Information and tips to help promote your mental wellness

### When To Seek Professional Help

#### How to get help when you've had enough

Sometimes despite all our efforts to manage our stress, we reach a point where we start having difficulty in our daily functioning. These difficulties can include increasing problems in our interpersonal relations, difficulties in functioning at our job or starting to use drugs or alcohol as a way to cope. If you reach this point, know that you're not alone as one in four adults in this country has a diagnosable mental health problem in any given year.

**Getting mental health treatment is not a sign of weakness.** As our knowledge of mental illness has increased so has the effectiveness of treatment. For example, more than 80% of people treated for depression improve and treatment for panic disorders has up to a 90% success rate. Treatment can include medications and/or psychotherapy and often they are most effective when used together.

To go about finding a mental health professional, talk with your doctor, your friends, clergy or call our office. **The Mental Health Association** maintains a *Therapist Referral Service* of professionals accepting new clients and we attempt to match you with a therapist who meets your requirements. We also offer a pamphlet on *Choosing a Therapist* which defines the various mental health professions and how to go about selecting the right therapist for your situation. To obtain a copy, please contact the office at (585) 325-3145. If you are in a work place that has an employee assistance program, it is also helpful to speak with them. Your health insurance may also play a role in whom you see so check with your insurance company about the benefits your policy offers.

Once you have decided on a provider, tell them what your goals are for treatment. Think about the behaviors or issues that you care about most. Keep an open mind and be willing to consider new ways of behaving and thinking. Recognize that talking about personal issues can be tough but it can help you overcome them. In time, treatments should help you develop more coping skills, stronger relationships

and a better sense of yourself.

Mental health professionals can help you :

- come up with plans for solving problems
- feel stronger in the face of challenges
- change behaviors that hold you back
- look at ways of thinking that effect how you feel
- heal pains from your past
- figure out your goals
- build your self-confidence

If you have been working with a therapist and you reach a point where you feel that you are not making any progress, talk to your provider and share your concerns. A good therapist will want to work with you so that you can get the most out of your sessions. If after you've discussed your concerns you're still not comfortable, you might consider looking for another provider. **The important factor is to be honest.** Your provider can't really help you if you don't share the whole picture. **Don't say you're fine if you're not.**

Finally share any concerns about your overall health. It makes sense that you should work with your provider on your overall health issues as your mental health and overall health are so closely related.

For descriptions of treatment options, visit the National Institute of Mental Health website at [www.nimh.nih.gov](http://www.nimh.nih.gov) and click on Health Topics.

To learn more about the Live Your Life Well Campaign, visit the Live Your Life Well website at [www.LiveYourLifeWell.org](http://www.LiveYourLifeWell.org)

For information on local resources, visit the Mental Health Association website at [www.mharochester.org](http://www.mharochester.org)



The Mental Health Association helps people find the tools and resources that they need to achieve and maintain mental wellness.

We believe that mental health affects us all and achieving mental wellness requires work, time and support. We promote mental wellness in our community through educational programming, referral services and individualized support. We can help you find help. [Visit our website to find a location near you](#) or call us at 585.325.3145.

*Sign up below to receive updates about programs and information on achieving and maintaining mental wellness.*

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