

Introduction

Mental health issues can vary greatly from person to person, even among those with the same mental health diagnosis. There is no one-size-fits-all approach to mental health treatment, and mental health treatment often takes a personalized approach.

It is important to speak with a mental health professional in order to develop the right recovery plan for you.

Common Forms of Treatment

> **Outpatient Health Treatment**

Participants visit the treatment center or therapist's office on certain days of the week. Outpatient mental health treatment options include individual therapy, group therapy, family therapy, support groups, and more.

> **Medication**

Medications are often used in combination with psychotherapy. Medications used for mental health treatment include: antidepressants, anti-anxiety medications, mood stabilizers, antipsychotics, and more.

Common Types of Therapy

Therapy is one of the most common forms of treatment for those struggling with mental health. This section describes a few common types of evidence-based therapy treatments.

Cognitive Behavioral Therapy (CBT)

CBT is a short-term, goal-oriented psychotherapy that works by changing people's attitudes and their behavior by focusing on the thoughts, images, beliefs and attitudes that are held and how these processes relate to the way a person behaves, as a way of dealing with emotional problems.

Acceptance & Commitment Therapy (ACT)

ACT is a psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility. Clients learn how to make healthy contact with thoughts, feelings, memories, and physical sensations that have been feared and avoided.

Mindfulness Based Cognitive Therapy (MBCT)

Mindfulness-based cognitive therapy is a tool that helps clients learn to recognize and understand their thought and feeling patterns, with the goal of creating new, more effective patterns and eliminating dysfunctional thinking.

Types of Mental Health Professionals

> **Psychologists**

About: Trained to evaluate a person's mental health using clinical interviews, psychological evaluations and testing.
Degrees/Licensure: Typically have a Psy.D. or a Ph.D. in a field of psychology.

> **Counselors, Clinicians, or Therapists**

About: Trained to evaluate mental health and use therapeutic techniques based on specific training programs.
Degrees/Licensure: Requires Master's degree. Typical licenses include LMFT, LPC, LCADAC.

> **Clinical Social Workers**

About: Trained to evaluate mental health and treat conditions with therapeutic techniques. Also trained in case management and advocacy services.
Degrees/Licensure: Requires Master's degree in social work (MSW). Licenses vary, but could include LCSW, ACSW, LICSW.

> **Psychiatrists**

About: Can diagnose mental health conditions, prescribe and monitor medications, and provide therapy.
Degree/Licensure: MD (Doctor of Medicine) or OD (Doctor of Osteopathic Medicine).

SEEKING HELP

If insured

Get a referral from your family doctor to a psychiatrist or contact your insurance company for a list of providers under your plan.

Determine which of the available psychiatrists are the most affordable as many charge differently.

If uninsured

It may be difficult to obtain a referral if uninsured so it may be better to seek help from free and low-cost mental health professionals (e.g. Didi Hersch).

Reach out and schedule an appointment with a mental health counselor or a therapist as they are licensed and don't require a prior referral and may be more affordable.

In-network vs. out-of-network

An in-network clinician is one that has an agreement with your insurance to provide lower rates to their customers and will be the cheapest option. If you go with an out-of-network clinician your insurance will not cover as much of the cost or none at all depending on your plan.

RESOURCES

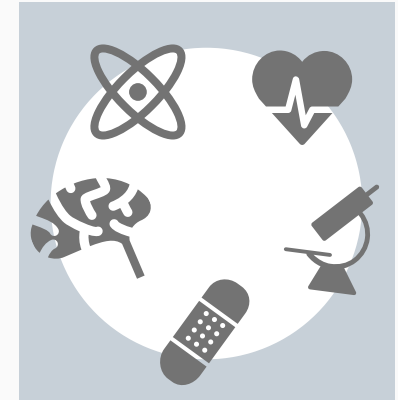
HOTLINES/TEXTLINE

In the case of a life-threatening emergency, call 911 immediately

- > **National Suicide Prevention Lifeline (Call 800-273-TALK)** provides 24/7, free and confidential support for people in distress
- > **Crisis Text Line (Text "HOME" to 741-741)** provides 24/7, confidential support to people in crisis from trained volunteer counselors
- > **Disaster Distress Helpline (Call 1-800-985-5990)** provides free 24/7 crisis counseling and support for anyone experiencing emotional distress related to natural or human-caused disasters
- > **Trevor Lifeline (Call 1-866-488-7386)** is a national 24-hour, toll free confidential suicide hotline for LGBTQ youth

SUPPORT GROUPS

- > **National Alliance on Mental Illness**
Provides a variety of peer-led programs at NAMI chapters across the country, including support groups, education classes, and presentations. (<https://www.nami.org/Find-Support/NAMI-Programs>)
- > **Depression and Bipolar Support Alliance**
Offers both in-person and online support groups to help you find support near you. (<https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/>)
- > **Didi Hirsch Mental Health Services**
Provides free mental health, substance abuse disorders and suicide prevention resources. Works well for people who are seeking help and are uninsured. (<https://didihirsch.org/>)



Mental Health Resources



**SCOPE PATIENT
HEALTH ADVOCATES**

Based in West Los Angeles

www.uclascope.org/patient-health-advocates