

# B4Stage4

## Where to Get Help

Has your life become unmanageable? Are you overwhelmed by stress? Has depression been taken over by anger, addiction and erratic behavior? Don't worry, you are not alone and when you are ready we can help you find the help you need to begin the journey to recovery. We know what you are going through because we have been in your shoes ourselves! Contact us – we are here to 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 [www.mhaet.com](http://www.mhaet.com) 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

At the Peer Recovery Call Center everyone is a Certified Peer Recovery Specialist (CPRS). We fulfill a unique role in the support and recovery from mental illness and substance abuse disorders. A CPRS is a person who is in recovery from a mental illness and/or substance abuse disorder who has extensive lived experience and training to help others on their road to recovery.

**Provided by:** Certified Peer Specialists, 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](http://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).<sup>1</sup>

**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.<sup>2</sup> It can also include things like exercise, which can have a moderate effect on depression.<sup>3</sup>

**Provided by:** You



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### Sources

<sup>1</sup> <https://ncch.nih.gov/health/whatiscam>

<sup>2</sup> Proudfoot J, G. D. (2003 Feb;33(2)). Computerized, interactive, multimedia cognitive-behavioural program for anxiety and depression in general practice. *Psychol Med.*, 217-27.

<sup>3</sup> Elisabeth Zschucke, K. G. (2013 Jan; 46(Suppl 1)). Exercise and Physical Activity in Mental Disorders: Clinical and Experimental Evidence. *J Prev Med Public Health.*, S12-S21.