

Treating Mental Illness

A **psychiatrist** and **psychologist** will be able to determine if someone has a mental illness through a diagnosis. These professionals could use a physical examination, lab tests, and psychological evaluations to support their diagnosis.

Once a diagnosis is made, they can recommend a number of treatment options. Some of these treatment options are described below:



Medication: Some illnesses might need medicine to help balance chemicals in the brain and improve symptoms like anxiety or depression.



Therapy/Counselling: Talking to a therapist can teach skills to cope with difficult feelings and problems.



Healthy Habits: Doing things like exercise, eating well, and getting enough sleep can help improve mental health.



Support Groups: Being part of a group with others facing similar challenges can provide encouragement and understanding.



Hospital or Special Programs: In severe cases, a person might need to stay in the hospital or go to a special program where they can get extra help and support.

1. Why do you think there is not a universal solution that applies to all people with mental illnesses?

2. What is therapy?

Therapists

A **therapist** is a licensed person who is skilled in supporting people with their mental health.

A **therapist**, or psychotherapist, psychologist, or counsellor, is a licensed person who is skilled in supporting people with their mental health. They help their clients with cognitive (thinking) and emotional regulation skills.

They allow their clients to talk through the thoughts that they have been having, and they listen intently. Therapists can help individuals reduce their symptoms of mental illness and give suggestions for coping strategies. Therapists can work with their clients in person or online.

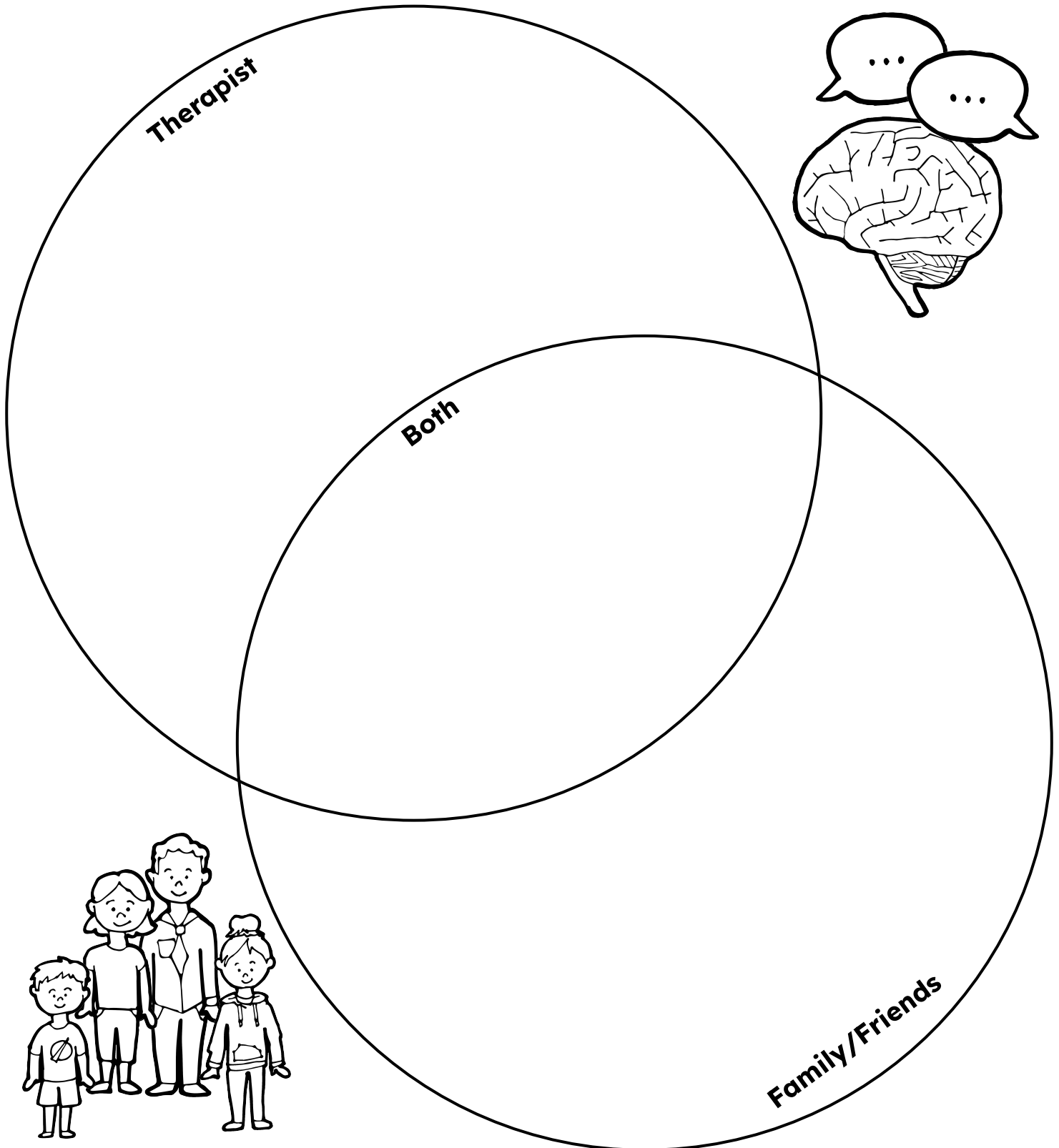


1. What are the benefits of seeing a trained professional rather than trying to find answers online or “figure it out for yourself”?

2. What are some questions you think a therapist might ask?

Therapists vs. Family/Friends

Use the Venn diagram to compare the different, but important roles of therapists and family/friends when it comes to supporting mental health.



Checking In With a Friend

Ask the questions to check in with a friend. Listening and showing you care can make a big difference. Record their responses.

1.

Hey, how have you been feeling lately?



2.

How have you been sleeping? What time do you go to bed?



3.

Do you feel like you have someone to talk to when you're feeling down? Who?

4.

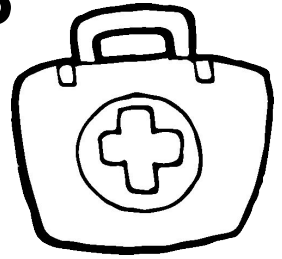
What do you usually do to relax or feel better when you're stressed?

5.

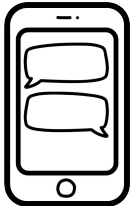
Is there anything you're looking forward to or excited about?



Mental Health Supports



There are many useful mental health support resources if you are ever in a situation where you are struggling with your mental health.



Kids Help Phone

Kids Help Phone is a Canadian organization that is available to help kids 24/7. The toll-free phone number is 1-800-668-6868. You can access support online at www.kidshelpphone.ca.



Jack.org

Jack.org is a Canadian non-profit organization that focuses on promoting youth mental health. You can learn more about the organization online at www.jack.org.



Children's Mental Health Ontario

Children's Mental Health Ontario (CMHO) is an association that provides mental health services and support for children, youth, and their families. Visit www.cmho.org to find a children's mental health centre near you.



Youth or community hubs

A youth or community hub is a place in your community that offers services to youth and their families. They offer services related to mental health, substance use, and housing support, as well as leisure activities and special events. Visit www.youthhubs.ca to find a hub near you.



Student services

Student services are resources offered at your school to help students succeed academically and balance life and school effectively. Ask your teacher about what services are available at your school.



9-1-1

9-1-1 is an emergency telephone number in North America. You can call it if you need immediate help from a firefighter, paramedic, or police officer.

Name: _____ Date: _____

Mental Health Supports

1. Select one mental health support and summarize its use/benefits in your own words.

Support:

Explanation:

2. What are some potential barriers that young people might face in accessing mental health support resources?

3. How can online resources like Kids Help Phone provide support to young people who may feel uncomfortable seeking help in person?



4. Write a question that you have about accessing mental health support.
