

Understanding Mental Health Treatment Options

Seeking mental health support is courageous, but it can also feel overwhelming. The first step is finding a clinician you trust, which is essential to building a strong foundation for your mental health journey. Your therapist may recommend several types of treatment, each designed to support your well-being in different ways. Learning more about these options can help you better understand your care and feel more confident in the process.

Talk Therapy

Talk therapy (also called psychotherapy) is a form of mental health treatment that involves discussing thoughts, feelings, and behaviors with a licensed mental health professional.

- Therapy provides a safe, confidential space to build coping skills, strengthen relationships, and set personal goals.
- Some types of talk therapy include cognitive-behavioral therapy (CBT), which explores how thoughts and emotions influence actions, and psychodynamic therapy, which focuses on understanding how past experiences shape current behaviors and feelings. Your therapist will work with you to determine which approach best fits your needs.
- It can take several sessions to feel comfortable or notice change. Consistency is key, so trust the process and keep an open dialogue with your provider. You may need more sessions at first, and then fewer as you gain skills and confidence.



Prescription Medicine & Other Treatments

Medication can be an important part of treating certain mental health conditions, helping to manage symptoms and improve daily functioning.

- Your psychologist, primary care provider, or another clinician may refer you to a psychiatrist to determine if medication could help alongside therapy. You can also reach out to a psychiatrist directly to be evaluated. While not necessary for everyone, your doctor will decide if it's recommended.
- Finding the right medication and dosage can take time and may require adjustments, so open communication with your physician is critical to track effectiveness and manage side effects. Consider keeping a journal of physical and mental changes you notice in



Prescription Medicine & Other Treatments (Continued)

- yourself for up to two months to share.
- Like therapy, your doctor may suggest trying different medications before finding the one that best suits your needs.
- Psychiatrists also use different types of innovative treatments if therapy and medications aren't working. Some examples are: Electroconvulsive therapy (ECT), and transcranial magnetic stimulation (TMS).

Mental Wellness

Mental wellness focuses on everyday habits that support emotional balance and overall wellbeing. These practices can complement mental health treatment and help you maintain progress over time.

Ways to Support Mental Wellness:



Healthy habits: Eating balanced meals, getting regular exercise, and prioritizing quality sleep



Stress management: Activities like mindfulness, journaling, or deep breathing



Social connection: Spending time with friends, family, or supportive communities

If you or someone you know is experiencing a crisis hotlines are available for 24/7 confidential support.

National Crisis Line – Call or text **988** or visit **988lifeline.org**

This resource was reviewed by Vedrana Hodzic, M. D.
Find more resources at [mentalhealthcareworks.org](https://www.mentalhealthcareworks.org)

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