

MENTAL HEALTH SERVICES OVERVIEW

Mental illnesses are treatable and recovery is possible but many people do not get the services and support that is right for them, at the right time.

In finding the providers, services and supports that work for you, it is important to have a sense of your options. To that end, this section will provide an overview of several (not all) important mental health services.

Please note that **therapy and medication**, the first two services discussed, are cornerstones of many recovery plans. They are listed separately to address certain concerns and questions in greater detail.

THIS SECTION WILL COVER:

- Therapy
- Developing a Relationship with your Provider
- Medication
- Assertive Community Treatment (ACT)
- Inpatient Care
- Housing & Residential Care
- Peer Support & Peer-Run Respite
- Dual Diagnosis Services & Support
- Complementary Healing Methods
- Working Well with Mental Health Care Providers

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

—Carl Bard