



MENTAL HEALTH 101

Mental Health Continuum Model

Mental health is best thought of as a matrix where we can move among states of mental well-being. It's vital to develop self-awareness in order to recognize the signs of progressive mental distress and to implement a change.

HEALTHY

- Normal mood functions
- Calm & takes things in stride
- Good sense of humor
- Performing well
- In control mentally
- Normal sleeping patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- No or limited alcohol use or gambling

REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Displaced sarcasm
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled alcohol use/gambling

INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased alcohol use/gambling is hard to control

ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Depressed/suicidal thoughts
- Over insubordination
- Can't perform duties, control behavior or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illnesses
- Constant fatigue
- Not going out or answering the phone
- Alcohol or gambling addiction
- Other addiction



Different Types of Providers

Choosing a mental health provider is a key component in ensuring quality care. There are many types of providers to choose from. The various providers are highlighted below with their scopes of practice.

Licensed Professional Counselor

- Required to have a master's degree and complete supervised clinical hours
- Able to diagnose a mental illness and provide counseling services
- May specialize in different types of counseling:
 - Marriage/Family
 - Addiction Treatment
 - Cognitive-Behavioral
 - Psychodynamic

Psychiatrist

- A physician who completed medical school with a specific focus on mental illness
- Able to evaluate and diagnose mental disorders
- Able to prescribe medications to manage mental disorders

Psychologist

- Complete a minimum of graduate-level training; some may have received a doctorate degree
 - (PhD, EdD, PsyD)
- Able to diagnose, assess and treat mental illness across the lifespan of the diagnosis
- May have specialized training:
 - Clinical Psychology
 - Counseling Psychology
 - Developmental Psychology

Questions to ask when looking for a therapist:

- Verify that they accept your insurance.
- What are your office hours, fees and length of sessions?
- What is your education? What type of license do you have? (Requirements vary widely by state.)
- What is your area of expertise?
- What is your treatment approach and philosophy?
- What is your experience with helping people with similar concerns to mine?
- What is the usual course of treatment for my condition?

Resources

Employee Assistance Program (EAP)*
Telemedicine Mental Health services*
In-Network mental health providers via your insurance carrier website
Mental Health America:

<http://www.mentalhealthamerica.net>

Suicide Prevention Hotline:
1-800-273-8255

Crisis Text Line:
Text HOME to 741741

**Indicates services may not be available to all employees*