

Healthy Living Tips

Mental Health Counseling/ Therapy

It is impossible to live a healthy life when mentally you are experiencing turmoil and stress. Mental health treatment can help your caree address concerns related to anxiety or depression related to illnesses or deal with the transitions associated with aging and drastic lifestyle changes. Learn ways to help your caree cope and get the mental health help they may need.

Definition of Counseling/ Therapy

- Counseling and therapy are often used interchangeably to describe assistance and guidance in resolving personal, social, or psychological problems and difficulties, especially by a professional.

Resources

- [Finding a Therapist- Psychology Today](#)
- [Find a Telehealth Therapist- Good Therapy](#)
- [Healthline](#)

Types of Health Care Professionals ([National Alliance of Mental Illness](#)- NAMI)

Psychologist

Evaluate a person's mental health using clinical interviews, psychological evaluations, and testing • Diagnose and provide individual and group therapy

Therapist/Counselor/ Clinician

Evaluate a person's mental health and use therapeutic techniques based on specific training programs. Working with one can lead not only to symptom reduction but to better ways of thinking, feeling, and living.

Clinical Social Worker

Evaluate a person's mental health and use therapeutic techniques based on specific training programs. Trained in case management and advocacy services, inpatient discharge planning services, placement services, and other services to support healthy living.

Psychiatrist

Licensed medical doctors can diagnose mental health conditions, prescribe, and monitor medications, and provide therapy. Some may complete additional training in child and adolescent mental health, substance use disorders or geriatric psychiatry.

Psychiatric or Mental Health Nurse Practitioners

Can provide assessment, diagnosis, and therapy for mental health conditions or substance use disorders.

Primary Care Physicians or Family Nurse Practitioners

Can prescribe medication but consider visiting someone who specializes in mental health care. • Primary care and mental health professionals should work together to determine an individual's best treatment plan.

Healthy Living Tips

Mental Health Counseling/ Therapy (Contd.)

There are mental health concerns that can arise as a caregiver or symptoms observed in a caree. If you are unsure where to start, visit your primary care doctor. They can help with the initial diagnosis and provide a referral to a psychiatrist.

Some Mental Health Concerns Carers May Be Dealing With ([Counseling Today](#)).

Loneliness
Depression
Role reversal
Respite
Anger
Change in social supports
Burnout

Some Mental Health Concerns Carees May Be Dealing With

Depression
Role reversal
Loss of independence
Confusion
Anxiety
Suicide associated with drastic changes to normal life

Tips and Strategies that Can Help Establish, Deal, and Maintain Positive Mental Health for Both the Caregiver and Caree ([Healthline](#))

- Seek counseling to deal with personal concerns. Check to see if your insurance will cover your personal sessions or reduce the co-pay and if your caree's insurance will cover therapy.
- Keeping a positive attitude
- Staying physically active
- Getting enough sleep
- Eating a healthy diet
- Seek counseling to deal with personal concerns if needed. Check to see if your insurance will cover your personal sessions or reduce the co-pay and if your caree's insurance will cover therapy. Socializing with people whom you enjoy spending time with

Types of Mental Health Support

- Individual Counseling
- Support Groups
- Family Therapy