Getting Professional Mental Health Help - What are the steps? - Assyrian
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Getting professional help:

- Professional mental health help is available.
- It is important to seek help if you are struggling.
- There are many options for getting help.
- It is important to find the right help for you.

Steps to get professional mental health help:

1. Identify your needs.
2. Research resources.
3. Contact professionals.
4. Schedule appointments.
5. Attend appointments.
6. Follow up.

Resources:

- Online programs and resources
- Allied mental health services
- Psychologists, occupational therapists
- Social workers
- Medicare
- Embrace CALD Mental Health Consumer and Carer group
- Embrace Multicultural Mental Health
- Mental Health Australia

Outcome of your appointment:

- Understand your condition.
- Develop a treatment plan.
- Receive support.
- Learn coping strategies.

More information: