



TYPES OF THERAPY

Sometimes finding the right choice of therapy can be hard. Here are the different types of therapy and what they are about. All of the following descriptions are taken from the American Psychological Association (APA).

- **Behavior Therapy**

This approach to therapy is associated with how we learn in developing “normal and abnormal behaviors.”

- **Cognitive Therapy**

This kind of therapy focuses on “what people think rather than what they do.”

- **Humanistic Therapy**

This therapy “emphasizes people’s capacity to make rational choices and develop to their maximum potential.

- **Integrative or Holistic Therapy**

“Many therapists don’t tie themselves to any one approach. Instead they blend elements from different approaches and tailor their treatment according to each clients needs.

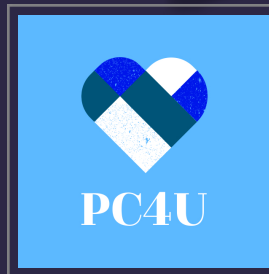
- **Psychoanalysis and psychodynamic Therapy**

This approach to therapy is centralized on “changing problematic behaviors, feelings, and thoughts by discovering their unconscious meanings and motivations.

T A K I N G A C T I O N

We all need a good mental health foundation to build ourselves up to the best version of ourselves. If you feel this brochure has been informative or helpful consider checking out our website which has more information regarding mental health and how it affects the human brain.

Please consider all the information in this brochure as a foundation for either starting or thinking about starting mental health treatment today.



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MENTAL
HEALTH

Understanding your mental needs



WHAT IS MENTAL HEALTH?

As described by the Substance Abuse and Mental Health Services Administration (SAMHSA), mental health is what “includes our emotional, psychological, and social well-being.” These can be related to how we handle stress and make decisions. The SAMHSA states that “mental health is important at every stage of life, from childhood and adolescence through adulthood.”



UNDERSTANDING THE SIGNS



Mental health conditions come in all sorts of ways, some of which include “biological factors, such as genes or brain chemistry. Life experiences, such as trauma or abuse, and family history of mental health problems” as stated by the SAMHSA.

Some of the early warning signs and symptoms of mental health issues include:

- Eating or sleeping too much or too little
- Having low or no energy
- Feeling helpless or hopeless
- Feeling unusually confused, forgetful, angry, or upset.
- Experiencing severe mood swings
- Thinking of harming yourself or others

Remember: It is ok to ask for help

THERAPY SERVICES

Seeking therapy services can be as easy as setting up a first appointment. Sometimes finding therapy services near you can be difficult. I recommend checking online for therapy services near you that provide the kind of therapy you are looking for. You can also go to these websites to help find a therapist near you.

www.psychologytoday.com

www.goodtherapy.org

