

# What are the Most Common Mental Health Intervention Methods?

○ **Different professionals can offer mental health services.**

○ **They do not necessarily all play the same role** (evaluation, psychotherapy, prescriptions for medication, etc.).

## Psychotherapy



A psychological treatment that helps people feel better.

Who can practice it?

- Psychologists
- Medical doctors
- Psychiatrists
- Licensed psychotherapists who are members of a professional order

**It is important to approach someone authorized to exercise this reserved act!**

## Psychosocial intervention



A form of support that aims to create, restore and maintain a person's social functioning.

It can be offered by many professionals, for example :

- social workers
- psychoeducators
- occupational therapists
- sexologists
- guidance counselors
- nurses

## Self-care



strategies for improving well-being and reducing symptoms of anxiety or sadness on your own.

For example by:

- Getting information about mental health and mental disorders by consulting reliable sources (books, websites and web pages, mobile apps, etc.)
- Consulting guides or tools (suggestions for activities, sleep tips, etc.)

Someone using self-care strategies can also be guided in their efforts by a professional.



**Committing to your mental health: a kind gesture for yourself!**



*It's good for mental health*

A campaign realized by



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