

## HOW DO I KNOW IF I NEED HELP?, 1

## WHAT KIND OF HELP IS BEST FOR ME?, 3

- Help Yourself (self-help), 3
- Get Help From Peers, 3
- Get Help From a Family Member, 4
- Get Help From Community Members, 4
- Get Help From Professionals, 5

## THERAPY AND OTHER HELP EXPLAINED, 6

- Individual Counseling, 6
- Group Counseling, 6
- Family Counseling, 7
- Hospitalization, 7



## OTHER ISSUES

- Can I Change Therapists?, Privacy,
- “Cognitive-Behavioral” Therapy, Medication, 8-12

## MENTAL HEALTH TERMS YOU MAY WANT TO KNOW

- Depression, ADD (ADHD), ODD, Anxiety Disorders (e.g., PTSD, OCD), Anorexia and Bulimia, Self-Esteem, Self-Mutilation (cutting), Substance Abuse, Child Abuse, 13-16

## THE PEOPLE WHO HELP

- Social Workers, Psychologists, Psychiatrists, 17

## TRUE STORIES BY TEENS ABOUT GETTING HELP

- Self-Help: *My Journal Saved My Life*, 18
- Peer Support and Groups:  
*How My Group Helped Me Fight Depression*, 22
- Individual Therapy: *Don't Keep It Inside*, 28

## WHO WE ARE, 32 OTHER RESOURCES, 33