

# Understanding Mental Health



Mental health is an integral aspect of overall well-being, encompassing emotional, psychological, and social factors. Understanding common mental health conditions is essential for recognizing their impact and prevalence in society.



## SIGNS AND SYMPTOMS

Recognizing severe symptoms and warning signs is crucial for early intervention. Common signs include persistent changes in mood, behavior, sleep patterns, appetite, and thoughts of self-harm or suicide. Early recognition can help prevent crises and improve outcomes.



## SUPPORTING YOUR LOVED ONES

Supporting a family member or friend with mental health challenges requires empathy and understanding. Practical guidance includes active listening, offering emotional support, encouraging self-care practices, and facilitating access to professional help when needed.



## WHEN TO SEEK PROFESSIONAL HELP

Identifying signs that indicate the need for professional intervention is vital. If symptoms persist, worsen, or interfere with daily functioning, seeking help from a mental health professional is essential. Early treatment can lead to better management of symptoms and improved well-being.

## READY TO GET HELP?

Below are some trusted organizations and hotlines:

**National Alliance on Mental Illness (NAMI):** 1-800-950-NAMI (6264)

**Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357)

**Crisis Text Line:** Text "HELLO" to 741741 for 24/7 support

**Psychology Today:** Online directory for finding therapists and mental health professionals in your area

**REMEMBER, SEEKING HELP IS A SIGN OF STRENGTH, AND SUPPORT IS AVAILABLE FOR THOSE WHO NEED IT.**

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**Rachel Thynne**



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**Becoming a CBT Therapist** Jason Roscoe, 2025-03-11 Whilst there are many texts that introduce trainees to the overarching theory formulations and interventions used in Cognitive Behavioural Therapy CBT few describe the lived experience of being a CBT therapist and of making it through training *Becoming a CBT Therapist* takes prospective trainees on a journey from applying for a place on a training course through to navigating the challenges of CBT training and developing in their career once qualified Featuring contributions from experienced CBT tutors supervisors and practicing therapists this book is the first to detail the practical emotional and psychological challenges of embarking upon and sustaining a career in this field From adjustment to learning new skills to the role transition from their existing role and identity through to the practicalities of how to demonstrate competence during their training the book covers an array of topics which are a must read for aspiring CBT therapists The chapters offer practical advice for developing a range of key

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