

I think I need some help...now what?



There may be times in our life when we can't deal with issues on our own; sadly, due to the stigma of mental illness many people who really need help don't ask for it.

- While mental illness is treatable, more than half of those affected do not seek treatment due to shame, stigma or lack of information
- 72% of individuals with a mental health problem received no mental health care over the course of a year, even though 80% had visited their family physician
- Only 50% of us would tell a close friend that a family member has a mental illness; 72% would disclose a cancer diagnosis
- 79% of workers said they thought someone diagnosed with depression would keep it a secret to avoid hurting their career opportunities

The impact of not getting help can result in a significant deterioration in your health, quality of your relationships, and perhaps even your ability to be at work. But, with appropriate treatment most people recover and go on to lead productive and fulfilling lives.

Getting help:

1. Take the first step and **make an appointment** with your physician or a psychologist. Be prepared to discuss your symptoms (i.e. not sleeping, on-going worry or sadness, feeling irritable or excessive anger), or take copy of your self-assessment report from "**Facing Facts**". Make sure you are part of developing a health recovery plan that you are comfortable with and understand.
2. **Make time for your treatment.** Your plan may involve a variety of different factors that will take some time like learning new coping strategies, attending appointments, or engaging in an activity program. Try to involve family members in supporting your health plan.
3. **Follow up.** Return to your health care provider regularly to discuss how you are doing and make any adjustments needed. Don't give up. Sometimes it takes a few different approaches to get it right.

Find information on mental illness and resources to assist at "Facing Facts" www.virtualwellness.ualberta.ca

Don't let the stigma of mental illness prevent you or someone you care about from getting the necessary help. You wouldn't hesitate if you were having a heart attack, would you?

Staff:

Human Resource Services
Phone: 780.492.7124
www.hrs.ualberta.ca/worklife

Employee and Family Assistance Program
Phone: 780.428.7587
www.hrs.ualberta.ca/efap

Students:

Counselling & Clinical Services
Phone: 780.492.5205
www.uwell.ualberta.ca

Graduate students:

Graduate Student Assistance Program
Phone: 780.428.7587
www.hra.ualberta.ca/gsap

Postdoctoral Fellows:

Postdoctoral Fellows Assistance Program
Phone: 780.428.7587
www.hrs.ualberta.ca/pdap