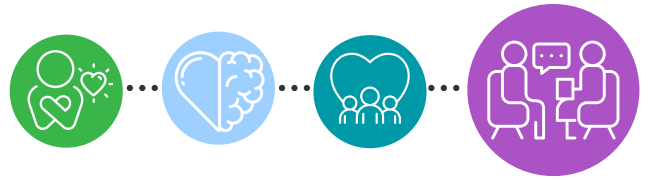


Seeking Professional Help



Roles in recovery



Primary care physicians help address and manage physical symptoms.



Psychiatrists prescribe medication for people with mental health conditions.



Therapists or counselors help with emotions, behaviors, and thought patterns.



Case Managers help with finding resources such as housing and employment.



Peer Support Specialists offer support from someone who has experienced similar challenges.

Getting connected with a professional

1 Research Providers

- Your insurance company can be a resource to help find a provider that is within your coverage.
- There are also great resources online:



Psychology Today can get you connected with someone in your area.



Open Path can get you connected with someone who meets your financial needs.

2 Ask Questions

- Does this person have experience with people who have similar concerns as me?
- Does this person make me feel comfortable and safe?
- Is this person going to work with me to accomplish my goals?

More information on finding mental health care that aligns with your cultural background.



Remember: You are recruiting team members for your recovery. It is okay to find someone different if one person does not feel like a good fit.

Using NAMI for support and resources



We can help you schedule appointments and talk with mental health providers.



We can provide resources and answer questions about different therapy types.



We offer no-cost peer support groups in between therapy appointments.



We offer no-cost education classes to learn more about mental health.