

Stand Against Stigma's Guide to Navigating the Mental Health System
(Needs a much better title)

1. What is mental health/wellness?
Refer to SAMSHA's Eight Dimensions of Mental Wellness; Everyone deals with mental health; culturally, we don't always deal with our mental health; mental health involves the whole body; it can be acute or chronic.
2. What is stigma and how is it a barrier to getting help? Brave Face: Danielle Brewster
Stigma is a fear created by society; ignorance; still portrayed negatively in the media; getting help is seen as being weak; talk about the three types of stigma – societal, structural and self-stigma; mental health microaggressions.
3. What is recovery? Brave Face: Cherish Padro
Recovery is a lifelong process for most; it is a transformation or transformative; it involves more than medication and counseling; can be a struggle to recover if a person doesn't have access to reliable transportation; living the best life that you can live; having a circle of support is key; coping skills; a sense of community.
4. Getting Help: What to do in a crisis.
Define what is an urgent mental health need vs. an emergency; know all your options ahead of time; (does 211 list private practice providers and psychiatrists?)
5. Getting Help: What are the provider roles?
Primary Care Doctor; Psychiatrist; Therapist; Social Worker (assessment); Case Manager (carries out the plan); Nurses and Field Based Nurses; Telehealth; Conservator;
6. Getting Help: What to expect when starting medication.
How to work with your doctor; list of suggested questions; prioritizing concerns; journaling reactions to taking medication; how long it takes for medications to take effect;
7. Getting Help: How to find/work with a counselor. - Brave Face: David Martinez
What to ask when you make the call to a therapist; how to interview your therapist; advocating for your needs (i.e. asking therapist to write down the "homework" you need to work on before the next meeting); ombudsman; it is ok to switch therapists if you aren't compatible with them;

8. Most common types of therapy.
9. What to know about mental health and substance use.
10. Self-Advocacy: Spotlight on Peer Support
11. Helping a friend or a loved one.
12. Self-care Tools
13. Community Based Support / WRAP / CMBM / Becoming Brave / MHSA Academy
14. Stand Against Stigma
15. Brief Resource List: 211, Shasta County Mental Health, CARE Center, Mobile Crisis Team, Suicide Intervention Lifeline
 - Getting a diagnosis
 - Types of diagnoses (where to find information)
 - Postpartum
 - What to do if you are a youth and need support
 - A page for each minority community – Black, Indigenous, LGBT, etc.
 - Quotes from therapists for what they want clients to know when starting counseling

