

MENTAL HEALTH INTERVENTIONS

Mental Health research indicates that people who have mental health conditions often exhibit symptoms which may include:

- Being emotionally overwhelmed to the point of disassociation
- Suffering from mental and/or psychological impairment
- Experiencing problems in social situations and/or difficulty relating to others
- Having difficulty handling stress
- Showing signs of mood disorders and/or depression

Mental health conditions can stem from a person's childhood or adolescence. In addition, they may be triggered by certain life choices or traumatic events. Factors that can contribute to mental health diagnoses or mental health conditions may include:

- Biological factors such as brain chemistry
- Family history of mental illness
- Trauma and/or abuse related to life experiences

If you know someone that is experiencing any of the following warning signs, you may be dealing with a mental health problem:

- Isolation from other people
- Low energy, feelings of helplessness or hopelessness
- Increased use of alcohol or drugs and/or participation in a risky lifestyle
- Out-of-control eating, sleeping too much, or not sleeping for days
- Confusion, anger, anxiety/worrying, or displaying obsessive behaviors
- Mood swings (from sadness or anger to happiness, for example)
- Yelling, screaming, and fighting with family and friends
- Delusional behaviour or feelings of fear
- Thoughts of harming self and/or others
- Hearing voices or experiencing hallucinations
- Exhibiting self-abusive behaviors such as cutting
- Inability to stop traumatic historic memories
- Inability to care for self and/or loss of ambition to perform daily tasks
- Inability to have healthy relationships

Intervention Canada has gathered extensive information on mental health. They have found that complex mental health disorders consist of symptoms such as neurotic or psychotic behaviors that can be described as severe to normal, as well as emotional dysregulation which can cause depression, anxiety, and panic attacks.

Mental health problems can be diagnosed by a doctor that specializes in mental health. Mental health problems and effects may include psychotic symptoms that can interfere with a person's perception (the way they feel and behave) and cause hallucinations (seeing things that are not there or smelling/feeling things that no one else can).

Mental health problems are not a weakness. Accessing treatment and prevention by using a professional interventionist that specializes in mental health can give the effected person's family peace of mind and the ability to help their loved one take the necessary steps to recovery.

Early Intervention for mental health problems for your loved one is available today. Intervention Canada is familiar with many interventionists, and we have many professional affiliations that can help you and your loved one through the process.

If you have someone that you think that displays symptoms of a mental health condition, contact us. Interventions can be a breath of fresh air for family members and friends, as well as the person with mental health issues as they gain professional treatment.

It is important to not let your loved one go untreated or to suffer from mental illness. It is crucial for families and/or friends to access professional help in order to best support their loved one through all phases of treatment. This includes using a mental health professional such as a certified interventionist to convince the effected person to enter a treatment center.

Mental illness, and certain behaviors attached to mental illness, can be overwhelming for families and close friends to cope with and even more difficult to understand without direction from professionals.

There are many treatment options, such as inpatient treatment or community-based and outpatient programs, that specialize in treating people with mental health diagnoses. These programs can provide treatment with medication, assessment and referrals, therapeutic

resources for the patient, and education for families and friends on how to best support their loved one with mental illness.

We at Intervention Canada are here to help you find the best solution for you. Please contact us today. You do not have to go through this on your own.