

# OPTIONS FOR DISCREET THERAPY

## COMMUNITY SERVICES

Many non-profit organizations offer free mental health clinics, providing treatment on common illnesses like anxiety and depression.

## WARM LINES

These are free phone services that provide individuals with a listening ear, generally run by peers who have had their own experiences with mental health issues

## COUNSELING AT SCHOOL

Many schools hire trained staff who provide free advice on both academic and personal issues a student may be dealing with.

## ONLINE THERAPY

You can avail anonymous therapeutic services from online platforms providing help from licensed professionals at a low cost.



# Help A Guide To Counseling And Therapy Without A Hassle

**Jeffrey K. Edwards,Anthony W. Heath**



## **Help A Guide To Counseling And Therapy Without A Hassle:**

HELP Jane Marks,1976 Advice for the teen ager on choosing professional help what it can accomplish the pluses and minuses of individual and group therapy how to deal with parents and how to determine one s progress HELP Janet Marks,1979 Advice for the teen ager on choosing professional help what it can accomplish the pluses and minuses of individual and group therapy how to deal with parents and how to determine one s progress New York Magazine ,1979-02-05 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

*Coping* Mary DeWitt Billings,1977 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1978 **A Consumer's Guide to Mental Health Services** Jeffrey K. Edwards,Anthony W. Heath,2011-02-14 A unique consumer resource for understanding mental health treatment With over 250 models of counseling and psychotherapy currently used to treat emotional problems and serious mental illness figuring out where to look for the right services can be a daunting task A Consumer s Guide to Mental Health Services offers pragmatic solutions for those considering or already beginning treatment It helps you to make important decisions regarding whether seeing a psychiatrist a social worker a counselor or a psychologist is best for your particular needs It also explores health insurance and coverage of treatment as well as how long it may take for you to begin feeling like yourself again This valuable text looks at the intricacies of the mental health care system and provides a helpful summary that is both accessible and useful If you ve ever tried to find help for a major life transition depression or anxiety and have been overwhelmed by the options for mental health treatment you are not alone A Consumer s Guide to Mental Health Services is a unique text that breaks down the vast array of service options with a critical eye so consumers can get the vital information they need in a straightforward and accessible way This comprehensive text even includes a Questions to Ask section that will help you find the right clinician to fit your exact needs Some of the topics A Consumer s Guide to Mental Health Services covers in detail are causes of mental health problems the three main models of mental health how clinicians who use the different models view mental health types of providers available and the different services they offer talk therapies and medications ethical codes of all professions consumers rights the insurance industry its history and current role matching treatment to the problem alternatives to therapy and much more A Consumer s Guide to Mental Health Services is a valuable and practical resource for anyone considering or beginning mental health treatment or their family and friends It is also a useful addition for educators or students working through introductory courses in all of the major mental health fields **The Help Book** Jan Yager,1979 Abstract Organizations and societies that provide direct professional help for social economic and medical

problems are listed The subject matter ranges from Alcoholism to Volunteerism and from Battered Adults to Suicide Prevention Each chapter opens with a summary of professional knowledge on a specific problem and each lists many contact organizations Health the family counseling education women s issues crime citizen action emergencies and employment are the broad areas covered Base or national organizations listed will help readers locate more local or specialized ones **New York Magazine** ,1979-02-05 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Family Violence Against Women** Dr. Norma A. Barnett,2012-12-13 God Loves Abused Women Too is an inspiring book that not only does it bring about an awareness for the abuse in many womens lives but how God deals through the abuse This book demonstrates the skills and strategies used to break the abuse in a womans life God Loves Abused Women Too shows the true spiritual meaning of how God loves women through an abusive cycle and how they can get out when they are trapped There are many audiences within the book such as pastors missionaries ministers psych student scholars and the general public that need to address the issues women have involving abuse There is an impeccable taste for penmanship within the book that far exceeds its time and the author has produced a fine literary work These audiences all have a chance to get deeper understanding by looking at the many perspectives on abuse and the journey to healing and wholeness The audience is captivated not only by the imagery presented but the outcome of the lives of women who are touched by this awesome God There is something *Consumer Sourcebook* ,1974 Consumer Sourcebook s subject chapters cover the full range of consumer interests from automotive matters to food and drugss credit and personal finance to environmental concerns insurance to government performance Subject indexing allows the user to access information for special categories of consumers such as aging children the disabled and veterans and offers hundreds of terms relevant to all consumers

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