

QUICK GUIDE FOR SEEKING REAL THERAPY



Real Change Initiative
A MENTAL HEALTH CAMPAIGN

WHEN TO SEEK HELP



It may be time to seek professional support if you notice persistent changes in your mood, sleep, appetite, or social interactions lasting more than two weeks. Therapy is also recommended when symptoms begin to interfere with your daily life—such as work, school, or relationships.

WHERE TO SEEK HELP



Start by learning more about your symptoms and exploring evidence-based treatment options, such as:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)



Seek information and referrals from trusted organizations, including:

- National Alliance on Mental Illness (NAMI)
- Mental Health Association (MHA)
- American Psychological Association (APA)
- Anxiety and Depression Association of America (ADAA)
- EMDR International Association (EMDRIA)



Additional Tips:

- Ask trusted friends, family members, or healthcare providers for personal recommendations.
- Advocate for yourself! If you're not seeing progress in therapy, don't hesitate to discuss adjustments to your treatment plan—or consider switching to a therapist with a different approach.



Different needs require different levels of support. Here are the main types of therapeutic care:

- Emergency/Crisis Care: Immediate help in life-threatening or severe situations.
- Outpatient Therapy: Weekly or biweekly sessions with a therapist; appropriate for most mental health concerns.
- Intensive Outpatient Therapy (IOP): A structured program offering multiple sessions per week while you continue to live at home.
- Partial Hospitalization Program (PHP): Day treatment that offers a higher level of care than IOP, typically lasting several hours a day, multiple days per week.
- Residential Therapy: A live-in facility providing 24/7 care for ongoing, intensive treatment.
- Inpatient Treatment: Hospital-based, short-term intensive care for acute mental health crises.

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