



Be a wise mental health consumer

Seeking help is a sign of strength, not weakness. If you or a loved one has an emotional or mental health problem, see your doctor for diagnosis and treatment.



The goal of mental health counseling and other treatment options is to draw upon your strengths to help you resolve your problems.

For example, if you or a loved one feels depressed for two weeks or longer, see a doctor for proper diagnosis and treatment. Take a screening test for depression at depression-screening.org.

For information on finding a mental health professional, ask your doctor or contact Mental Health America at 800.969.6642 or mentalhealthamerica.net.