

Introduction

There are different types of people who can help you with your mental health and wellbeing. They all help you in different ways. You may get help from some of these people, and you might not get help from others. Everyone is different.

A group of people who all work together to make your health better is called your **care team**.

Occupational Therapist

Occupational therapists help you do things that are important to you. This includes daily living skills and managing your emotions. Doing things that are important to you can help make your health and wellbeing better.

Occupational therapists ask you questions and learn all about you. They may look at things you are good at, things you want help with, and things that are important to you.

Occupational therapists want to learn more about you so they can give you good tips that help you do things that are important to you.

Psychiatrist

A psychiatrist is a type of doctor. They can help you with your mental health problems or disability.

Psychiatrists can ask you questions to find out if you have a mental illness or disability. This is called a diagnostic assessment or a mental health assessment.

If the psychiatrist finds out that you have a mental illness or disability, they will give you a diagnosis. This means that they will tell you what mental illness or disability you have.

Psychiatrists can also help you figure out what medications might work best for you. This is called a medication review.

Psychologist

A psychologist is a mental health expert. They can do many things to help you manage your mental health or disability.

Psychologists can counsel you. This means that they help you improve your behaviours, thoughts, and emotions. They do this by talking with you or giving you tools to help.

Psychologists can counsel you alone or with a group. Most psychologists counsel you alone.

Social Worker

Social workers help all sorts of people with different problems. They can focus on helping a community of people or helping people one on one.

Social workers can help educate you and loved ones about what your diagnosis means. They can also tell you what treatment options you have.

Social workers can connect you with resources and support that might help you.

They can also advocate for you. This means that they can support you to speak up for yourself about the care that you are getting. Or if you agree, they can talk to other people for you.

Behavioural Therapists

Behavioural therapists can help you change your behaviours. They can give you skills to stop doing behaviours you do not like or challenge. They can also help you replace behaviours that you do not like with behaviours that you are okay with.

There are many ways behavioural therapists can help you change your behaviours. They can help you make plans for what to do when you are in a crisis. They can also help you build skills like switching between activities.

Behavioural therapists can also help your loved ones learn how to help you change behaviours that you don't like.

Nurse

Nurses are healthcare professionals. They can help you with your physical health and mental health.

A nurse might ask you questions, look at you, or touch you to what is happening with your physical body. Knowing what is happening with your physical body can also help you with your mental health.

At ANS, nurses can teach you and your loved ones about the medication that you take. They can also teach you about any mental health concerns that you have.

Developmental Service Workers

Developmental service workers help support the treatment or assessment that someone else on your care team does.

Development service workers can also teach you ways to make your life better for you and your loved ones. They can also connect you to resources and help you become part of activities.