

Barton Lab

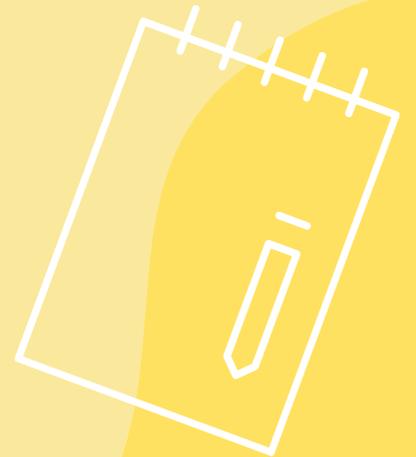
Contact: Bartonlabvu@gmail.com



Self-Care Week

Therapy Thursday

The importance of mental health and
resources to support mental health



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Therapy is a Helpful Tool

THERAPY: RESEARCH-BASED TECHNIQUES TO HELP
PEOPLE FORM HEALTHY HABITS

Myths

Mental health does not
affect me

Mental health problems
are a personality flaw

Facts

Mental health problems
are really common

They are caused by
environmental,
biological, family factors

Benefits of therapy include:

- learning productive coping mechanisms
- gaining a different perspective
- being able to express your feelings
- promoting healthier relationships, self-esteem, and outlook on life

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Getting Therapy

HOW TO FIND SERVICES AND INSURANCE INFORMATION

Read

Q&A about insurance and coverage with links to additional information

- <https://www.mentalhealth.gov/get-help/health-insurance>

Call

SAMHSA Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727)

- Talk to someone about general mental health and local services

Check

Check your healthcare policy to see what services are covered

If you do not have insurance, check the resources page for programs that may provide services



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Accessible Services

NATIONAL HOTLINES

Hotlines provide resources, support, information over the phone. Calling a hotline is a good starting point for seeking mental health support.



Open Counseling has a page with phone numbers to a variety of hotlines addressing various areas (ex: grief, eating disorders, trauma, LGBTQ)

ONLINE SERVICES

BetterHelp

Offers:

- Convenient, discreet and affordable access to therapy
- A licensed therapist to fit your needs
- Communicate through messaging, live chats, phone calls, and video chats



Centre for Interactive Mental Health Services

Offers:

- Therapy program for people with depression
- 8 free sessions
- Self-guided modules informed by Cognitive Behavioral Therapy



THERE ARE MANY ONLINE SERVICES YOU CAN ASK THE REFERRAL HOTLINE ABOUT

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Resources

For Students

Many schools and universities offer free counseling services through your student health plan. Check with your student health center for more information!

- Vanderbilt University Counseling Center
 - <https://www.vanderbilt.edu/ucc/>

Benefits of therapy:

<https://www.goodtherapy.org/benefits-of-therapy.html#:~:text=A%20mental%20health%20professional%20may,relationships%2C%20and%20outlook%20on%20life.>

More information on health insurance coverage:

<https://www.apa.org/topics/parity-guide>

Finding online therapy:

<https://www.talkspace.com/blog/free-online-therapy-versus-paid-counseling/>

Taking care of yourself and others:

<https://www.take5tosavelives.org/take-5-steps>

<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>



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The Importance of Self-Care

The Barton Lab emphasizes the importance of self-care. Our lab is committed to engaging in self-care because of its impact on our individual and collective well-being. We also know that self-care looks different for every individual. Your self-care needs might change depending on what else is happening in your life. We encourage you to find the ways to take care of yourself that work for you.

Please share with us the ways you engage in self-care!

