

Cultural Daily

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Types of Mental Health Treatments

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Statistics show that 1 in every 5 individuals suffer from some form of mental health issue. This is not just restricted to a particular age group – adults, teenagers, and even young children can become victims of mental illnesses. Nevertheless, current advancements in research and technology have ensured that there are efficient and safe treatment options to cater to a variety of mental health problems. Here are a few types of mental health treatments that you might benefit from:

- **Psychotherapy**

Psychotherapy is the most common treatment to improve mental health. Therapists specialized in psychotherapy are able to diagnose patients appropriately and use suitable techniques to address their problems. There are two main kinds of psychotherapy, namely Dialectic Behavior Therapy (DBT) or Cognitive Behavior Therapy (CBT). Most therapists use CBT to treat their patients. By [clicking here](#), you can learn more about cognitive therapy techniques.

- **Support Groups**

Support groups are especially useful for people who can benefit from a support system consisting of others suffering from a similar problem. This helps combat feelings of shame, and ensures them that they are not alone. Although therapists are present in support groups, people can also talk to one another, share their experiences, and give advice about overcoming their problems.

- **Medication**

This type of treatment is usually given by therapists to patients whose condition is not improving through counseling. In such scenarios, the patient is diagnosed by a psychiatrist with a medical degree, and is prescribed suitable medication. These medicines target the issue, such as anxiety or depression, and help alleviate symptoms. Medication in combination with counseling is proven to be a successful treatment. However, one must realize that those medications have side effects as well. Thus, medication should only be involved when counseling does not yield positive results.

- **Rehab Facility**

At times none of the treatments might be working for the patient. In such cases therapists may recommend that the individual should spend some time in a mental healthcare facility. Sometimes, the best treatment for the person is to be away from their friends and family, and take a break from

their daily routine. In these healthcare facilities, the patients live in a controlled environment that is supervised by professionally trained staff. A routine for the individual is set by the doctors and once they believe that the patient's condition is improving, they are allowed to go back home.

While these are some of the most commonly used treatments, it is important to note that not all patients will see improvements through these techniques. Each individual is different and requires tailor-made treatments that only they and their therapist can develop.

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