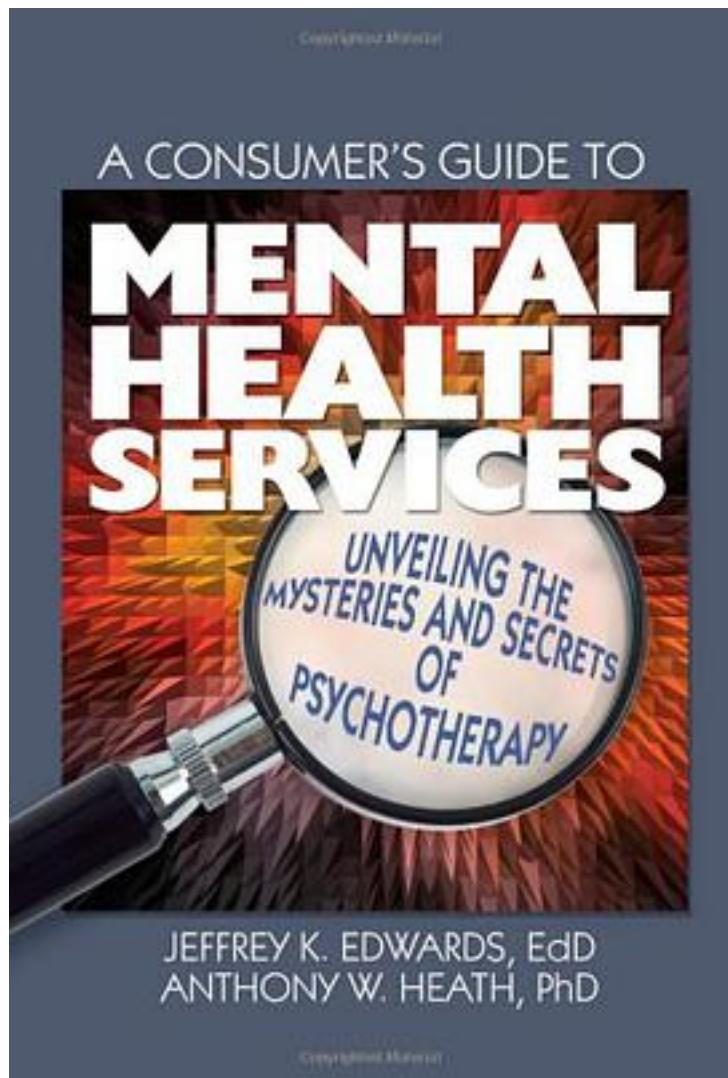


# A Consumer's Guide to Mental Health Services



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With over 250 models of counseling and psychotherapy currently used to treat emotional problems and serious mental illness, figuring out where to look for the right services can be a daunting task. A Consumer's Guide to Mental Health Services offers pragmatic solutions for those considering or already beginning treatment. This guide helps you to make important decisions regarding whether seeing a psychiatrist, a social worker, a counselor, or a psychologist is best for your particular needs. As a resource, it also explores health insurance and coverage of treatment as well as how long it may take for you to begin feeling like yourself again. This valuable text looks at the intricacies of the mental health care system and provides a helpful summary that is both accessible and useful.

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