

Mental Health Supports

Understanding What Can Help



Formal Supports

Services delivered by a mental health professional, such as individual, group, or family therapy, medication management, case management, peer support, and emergency assessment.

Informal Supports

Help provided by family, friends, and trusted members of the community. This could include spiritual guidance, emotional support from friends and family, help completing everyday tasks, crisis or support lines, companionship, and mentoring.



Self-Help Supports

Engaging in activities that promote well-being and recovery. This could include healthy eating, exercise, and sleep routines, mindfulness practices, creative activities, journaling, practicing gratitude, positive social interactions, and predictable routines.

Asking for Help

Not every mental health challenge requires formal support, like therapy or medication. Knowing your options is an important part of asking for help and finding the supports that work best for you!

