

Mental health services

You can get at your local clinic

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If you have a mental health problem and don’t know where to go, help is available at your local clinic.

Speak to a nurse and they will book an appointment with a psychologist or psychiatrist for you.

If there is no psychologist or psychiatrist at that clinic, the nurse can put you in touch with a **counsellor** or **social worker** to speak to, and they will try and understand your thoughts and feelings and see how they can help.

If the things you are struggling with are more serious but not an emergency, they will refer you to a **psychologist** or **psychiatrist** at another clinic or hospital.

If you’re already taking medication for a mental illness, the clinic will be able to give you the medication.

And if it’s an emergency, the social worker, counsellor or nurse will call an ambulance to take you to a hospital. At the hospital, doctors will attend to you and you’ll get all the treatment you need.

It is a good idea to get help as soon as possible before your problems and symptoms get worse. Don’t be shy to ask for help at the clinic.

There’s no shame in it because mental health problems are just like any other health problems, and the health care workers are there to help you!

For more information on mental health, check out <https://bwisehealth.com/article/good-bad-mental-health> on B-Wise.