



Shared Vocabulary

Accessing Information

Ability to identify, obtain and make use of information effectively.

Depression

A common mood disorder with specific changes in moods, thoughts and behaviors.

Mental Health

A person's condition with regard to their psychological and emotional well-being.

Mental Health Resource

Services, people, information, treatment, counseling that assist an individual or group of people with mental or emotional illnesses.

Mental Health Provider

A professional who diagnoses mental health conditions and provides treatment.

Mood Disorder

A psychological disorder that impacts a person's mood substantially; such as depression or bipolar disorder.

Referral

Directing someone in need of something for a review, further support or help.

Self-Harm

When people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress.

Self-Referral

Directing oneself for a review, further support or help from a professional.

Stigma

A mark of shame associated with a particular circumstance, quality, or person.

Suicide

Death caused by self-directed injurious behavior with intent to die as a result of the behavior.

Treatment

There are three treatment options for depression— talk therapy (psychotherapy), medication or a combination of the two. Different kinds of mental health professionals specialize in these different treatments.

Trusted Adult

Someone who is reliable and dependable.

If you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.