

## Chapter 5 • Lesson 4 Getting Help

### Reteaching Activity

**I. Directions** Complete the lists below about help for mental illness, using information from Lesson 4.

1. Signs that a teen needs help with mental health problems:

Feeling trapped or worrying all the time

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2. Facts that help overcome the stumbling blocks to getting help:

Asking for help is a sign of inner strength.

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**II. Directions** Match each type of mental health professional or treatment in the left column with the best description in the right column. Write the letter of your choice in the space provided.

- \_\_\_\_\_ 1. counselor
- \_\_\_\_\_ 2. school psychologist
- \_\_\_\_\_ 3. psychiatrist
- \_\_\_\_\_ 4. neurologist
- \_\_\_\_\_ 5. clinical psychologist
- \_\_\_\_\_ 6. psychotherapy
- \_\_\_\_\_ 7. behavior therapy
- \_\_\_\_\_ 8. cognitive therapy
- \_\_\_\_\_ 9. group therapy
- \_\_\_\_\_ 10. drug therapy

- a. physician who specializes in physical disorders of the brain and nervous system
- b. professional who helps people with personal and educational matters
- c. treatment method that helps correct distorted thinking patterns
- d. use of medications to treat or reduce symptoms of a mental disorder
- e. professional who specializes in the assessment of problems of school children
- f. treatment process that focuses on changing unwanted behaviors
- g. ongoing dialogue between a patient and a mental health professional to get to the cause of a problem
- h. physician who specializes in diagnosing and treating mental disorders
- i. professional who diagnoses and treats emotional and behavior disorders through counseling
- j. treatment of a group of people who have similar problems and who meet regularly with a counselor

# Compare and Contrast

Concept 1: \_\_\_\_\_ Concept 2: \_\_\_\_\_

How Alike?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

How Different?

With Regard To

- |                   |       |                   |
|-------------------|-------|-------------------|
| 1. _____<br>_____ | _____ | 1. _____<br>_____ |
| 2. _____<br>_____ | _____ | 2. _____<br>_____ |
| 3. _____<br>_____ | _____ | 3. _____<br>_____ |
| 4. _____<br>_____ | _____ | 4. _____<br>_____ |
| 5. _____<br>_____ | _____ | 5. _____<br>_____ |

**Conclusions (3-5 sentences)**

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\_\_\_\_\_  
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