

## Jamison: Patient Education and Wellness

### HANDOUT 14.16: A MENTAL HEALTH PROTOCOL

Step 1: Identify the benefits of mental health

Step 2: Identify personal mental health goals

- general aims
  - be more relaxed
  - have better emotional control
  - improve problem-solving skills
- specific aims
  - time management
  - becoming assertive
  - managing anger

Step 3: Self-screen to identify the need for professional attention

- Warning signs of looming mental health problems (Handout 14.9)

Step 4: Select, implement and monitor strategies to help achieve mental health goals

MENTAL HEALTH AIM	CURRENT	INTENDED	ACHIEVED
Improve self-perception (Handout 14.3)			
Develop a positive outlook (Handout 14.4)			
Improve problem-solving skills (Handout 14.5)			
Improve emotional coping (Handout 14.6)			
Improve physical relaxation (Handout 14.7)			
Manage my anger (Handout 14.13)			
Cope with angry people (Handout 14.13)			
Become more assertive (Handout 14.14)			
Use time more wisely (Handout 14.15)			

Overview: <http://www.mentalhealthamerica.net/go/mental-health-month/managing-lifes-challenges>

See also Tips for Mental Health:

Plan

<http://www.mentalhealthamerica.net/go/information/get-info/healthy-living/tips-to-improve-your-mental-health-everyday-/tips-to-improve-your-mental-health-every-day>

Older persons

<http://www.mentalhealthamerica.net/index.cfm?objectid=C7DF9127-1372-4D20-C87715F5722912E1>

Family

<http://www.mentalhealthamerica.net/go/information/get-info/ten-tips/10-tips-for-improving-family-mental-health/10-tips-for-improving-family-mental-health>

Children

<http://www.mentalhealthamerica.net/go/information/get-info/children-s-mental-health/what-every-child-needs-for-good-mental-health/what-every-child-needs-for-good-mental-health>

Work

<http://www.mentalhealthamerica.net/go/information/get-info/workplace/mind-your-stress-on-the-job/mind-your-stress-on-the-job>

Getting the balance right

<http://www.mentalhealthamerica.net/go/finding-your-balance-at-work-and-home>