Discussing Mental Health with Providers

University of Maine System Office of Human Resources

Follow this and additional works at: https://digitalcommons.library.umaine.edu/univ_publications

Part of the Higher Education Commons, and the History Commons

Repository Citation
https://digitalcommons.library.umaine.edu/univ_publications/2878

This Correspondence is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in General University of Maine Publications by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.
Discussing Your Mental Health With Your Provider

As mentioned last month, being open about mental health can be new for many of us. The following are tips for talking to your provider about mental health.

Do:

- Advocate for yourself. Share your needs and desires with your providers
- Ask for culturally responsive providers with experience working with individuals of similar identities to you. Accessing mental health treatment for queer and trans black, indigenous, and people of color (QTBIPOC) can be challenging
- Ask your provider to document everything that is discussed, including any denials of treatments that you want
- Seek combinations of mental health care that are right for your unique needs

Don't:

- Avoid mental health care due to shame
- Feel obligated to choose a Western model of mental health care
- Exclusively use one type of mental health care without exploring all options that feel right to you

Try Mental Health Match to find a practitioner

Finding the right way to care for your mental health can be hard; it can look different for everyone, and you don’t need to choose just one option.
Please find more health information and a wealth of resources on our University of Maine System (UMS) Wellness website.

And for supervisors, watch this new Mental Health for Managers video!

Sincerely,
Your Human Resources Partners

The University of Maine System is an equal opportunity/affirmative action institution.
Copyright © 2023 Maine’s Public Universities

Please note, unsubscribing from this mailing list will remove you from all University of Maine System operational emails including time-sensitive messages regarding System policies, benefits information including open enrollment deadlines, health and safety information, and Chancellor's messages.