

# FACTS

AND

# MYTHS

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## ABOUT SEEING A PSYCHIATRIST

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**FACT:** Psychiatrists will discuss with you all of your treatment options



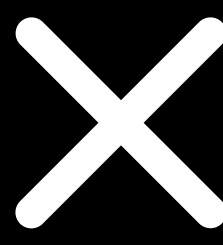
**FACT:** Psychiatrists can be helpful during particularly stressful or challenging times



**FACT:** A thorough assessment takes time and maybe multiple visits



**FACT:** It's a sign of strength to learn more about your mental health and take action to improve it



**MYTH:** Psychiatrists only prescribe pills

**MYTH:** You should only see a psychiatrist if you have very severe mental health problems

**MYTH:** Seeing the psychiatrist is a quick visit

**MYTH:** Asking for help with your mental health means that you are 'weak'

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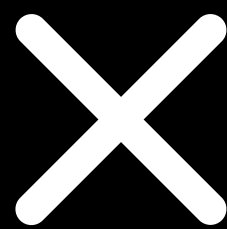
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**FACT:** Many different professionals provide mental health care. Psychiatrists may recommend treatment by therapists, social workers, substance abuse counsellors and other professionals

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**FACT:** A psychiatrist will work with you on your own goals for reducing or stopping substance or alcohol use and may suggest an addictions counsellor or other supports



**MYTH:** Everyone with a mental health problem needs to be treated by a psychiatrist

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**MYTH:** If you are having difficulty with substance or alcohol use, a psychiatrist will tell you to go to rehab

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