

Getting Started

Practical information about what to expect from a crisis phone line, at the emergency room or at the counsellor's or doctor's office. Printable copy and videos too.

Understanding the Issue

As youth become consumers of health and/or mental health services, they can become informed consumers. Empowerment comes through preparation and information gathering. Because therapeutic relationships are different than any other, helping clients understand the dynamics of this unique relationship early can prevent confusion or misunderstanding and promote a productive working relationship.

Tool Tips

Clients click on tabs as labelled below. Printable pdfs and video explanations are ready to use. The tabs are:

- Where to Start
- First Session – the Pre-Intake Questionnaire is found here. It includes details that clients can think about prior to the first session with a counsellor.
- Counselling Relationship – what it is, what it isn't.
- What You Can Expect
- In Crisis?
- Emergency Room
- Family Doctor



Key Messages

1. Knowledge is power.
2. Therapeutic, helping relationships are different than most.
3. Knowing what to expect is empowering.
4. You can get help for emotional or mental health issues when you need it.

Tech Tips

- You'll need high speed Internet access ready for the session.
- Preview this tool prior to client's appointment time at www.mindyourmindpro.ca.
- Familiarize yourself with navigation of www.mindyourmind.ca.

- Use the tool with client(s) on www.mindyourmind.ca/mind-tools/scan-stuff.asp. This encourages clients to revisit the site after and between sessions. **mindyourmind.ca** is an accessible, powerful resource.
- You'll need a printer, and speakers for many tools and games.
- You'll need Adobe Flash Player for many games and tools available from www.adobe.com/products/flash/about.