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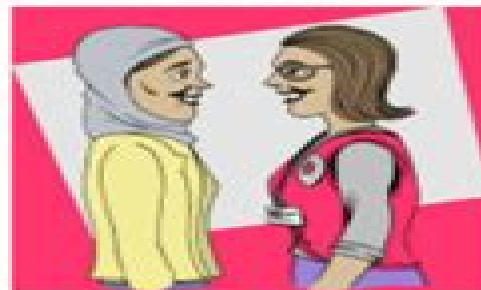
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# Take Care Of Yourself The Consumers Guide To Medical Care

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## **Take Care Of Yourself The Consumers Guide To Medical Care:**

**A Consumer's Guide to Mental Health Services** Jeffrey K. Edwards, Anthony W. Heath, 2011-02-14 A unique consumer resource for understanding mental health treatment With over 250 models of counseling and psychotherapy currently used to treat emotional problems and serious mental illness figuring out where to look for the right services can be a daunting task A Consumer's Guide to Mental Health Services offers pragmatic solutions for those considering or already beginning treatment It helps you to make important decisions regarding whether seeing a psychiatrist a social worker a counselor or a psychologist is best for your particular needs It also explores health insurance and coverage of treatment as well as how long it may take for you to begin feeling like yourself again This valuable text looks at the intricacies of the mental health care system and provides a helpful summary that is both accessible and useful If you've ever tried to find help for a major life transition depression or anxiety and have been overwhelmed by the options for mental health treatment you are not alone A Consumer's Guide to Mental Health Services is a unique text that breaks down the vast array of service options with a critical eye so consumers can get the vital information they need in a straightforward and accessible way This comprehensive text even includes a Questions to Ask section that will help you find the right clinician to fit your exact needs Some of the topics A Consumer's Guide to Mental Health Services covers in detail are causes of mental health problems the three main models of mental health how clinicians who use the different models view mental health types of providers available and the different services they offer talk therapies and medications ethical codes of all professions consumers rights the insurance industry its history and current role matching treatment to the problem alternatives to therapy and much more A Consumer's Guide to Mental Health Services is a valuable and practical resource for anyone considering or beginning mental health treatment or their family and friends It is also a useful addition for educators or students working through introductory courses in all of the major mental health fields A Physician's Complete Guide to Medical Self-care Timothy Rumsey, Orlo Otteson, 1981 **A Consumer's Guide to Health Care Services** Stephen Joseph Williams, Sandra J. Guerra, 1985

Emergency Medical Services Systems Amendments of 1979 United States. Congress. Senate. Committee on Labor and Human Resources. Subcommittee on Health and Scientific Research, 1979 A Consumer's Guide to "alternative Medicine" Kurt Butler, 1992 An assault on bogus healing claims certainly a justifiable campaign Detracting from the credibility of the author's itemization of unproven cures is his failure to explore the holes and fallacies of conventional medicine Many people who've experienced the discrepancy between what conventional medicine knows and what it really knows will continue to seek help elsewhere At least this compendium can alert seekers to some snake oil sales techniques Annotation copyright by Book News Inc Portland OR *Take Care of Yourself* Donald M. Vickery, 1979 **Consumers' Guide** United States. Agricultural Adjustment Administration, 1939 **The Consumer Health Information Source Book** Alan M. Rees, Catherine Hoffman, 1990 How can an award winning source book that helps consumers find health information be

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