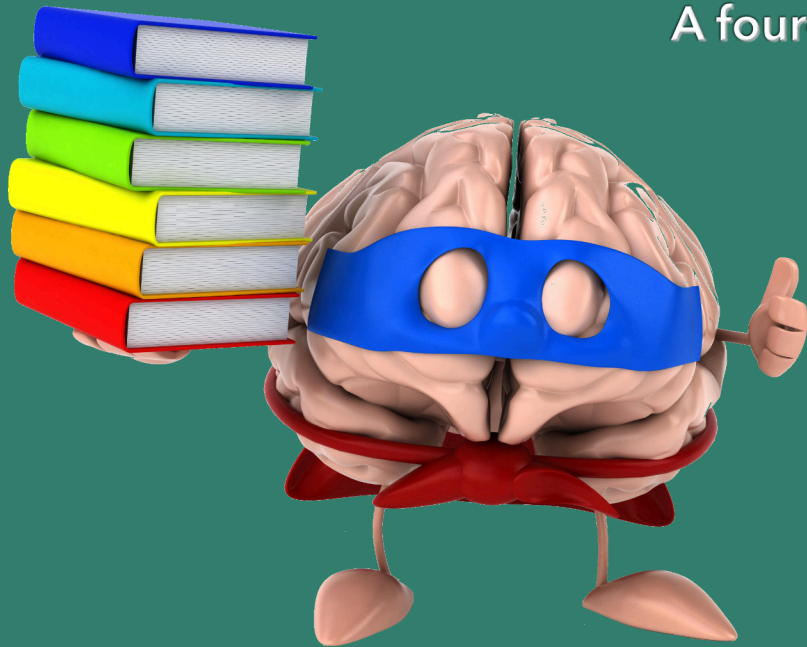


MENTAL HEALTH 201: *Take Control of Your Mental Health!*

A four-session, psychiatrist-led, small group course



Not sure how to get
the care you need?

*Let Me
Help!*

HAS ANYONE SAT DOWN WITH YOU, EXPLAINED
EVERYTHING, MADE SURE YOU'RE ON THE RIGHT
TRACK, AND ANSWERED ALL YOUR QUESTIONS?

Costs covered by MSP with referral
from doctor or nurse practitioner.
See website for referral form.

Learn what you're missing, what to
avoid, what's right for you, and how
to get it—even in our broken mental
health system!

- ◆ Explore medications, therapy, supplements, lifestyle, ...
- ◆ Learn practical skills to better manage distress
- ◆ Low-cost, no-cost, and outside-the-box therapy options
- ◆ No one-size-fits-all treatment—and what that means for you
- ◆ What you need to know about psychiatric medications
- ◆ Communicating better with professionals, family, ...

FREE FOR BC RESIDENTS!

BC Psychiatrist
INFORM • GUIDE • EMPOWER

BCPSYCHIATRIST.COM/MH201

Course Instructors



Dr. Pauline Lysak is an accomplished general psychiatrist with a particular interest in treating complex patients, often having both physical and mental illnesses. She and her partner, author and entrepreneur **Mark Roseman**, MSc, help provide patients, families, and healthcare providers with tools to work together as active and effective partners in mental health care.

Format: Offered as a live Zoom course for 10-15 participants. More lecture-style than interactive discussion group, but questions are encouraged.

Date/Time: Four 120min sessions (one per week). Most are weekdays 5-7pm; other times may be available. Once referred, can register for any set of sessions that fits their schedule.

Requirements: A private location, good wifi, and tablet/computer with Zoom required (phone not recommended without printed course materials).

Costs: Free to BC residents covered by MSP with referral by a physician or nurse practitioner. There is a \$100 deposit which is refunded to you if you attend all four sessions.

Better Mental Health Starts NOW. With YOU.

Mental health professionals can help.

But they can't do everything.

That creates big gaps in your care.

Those gaps keep you from getting well.

*YOU Can Fill Those Gaps!
YOU Can Get Better Care!*

Put it All Together

Make sense of your unique mental health journey, the range of treatments, and how to use them effectively.

Practical, Actionable Advice

A no-nonsense approach that doesn't shy away from the flaws in our system but shows you how to overcome them.

Time-Saving Resources

Cut through the endless information and possibilities to find the tools you really need to improve your care today.

Get Your Questions Answered

Eight hours with a psychiatrist in a small group gives plenty of time to dig deep into what you need to know.

MENTAL HEALTH 201: TAKE CONTROL OF YOUR MENTAL HEALTH!

SESSION ONE

Reality, Expectations, Physical Health

- Challenges of accessing mental health care
- No silver bullet: finding the right treatment is hard
- Why slow and steady improvement often wins out
- The importance of physical health and lab tests
- Impact of diet, exercise, sleep, and substances

SESSION TWO

Antidepressants and Other Medications

- How they can help and why they're used
- Myths, conspiracies, and reliable information
- Why & how not to stop antidepressant trials too soon
- Understanding and managing side effects
- Longer-term use and discontinuation

SESSION THREE

Counseling, Therapy, Distress Tolerance

- Counseling vs. structured psychotherapy
- Types of psychotherapy and how to choose
- Therapy providers, costs, and alternatives
- Using therapy effectively in your overall treatment
- Managing emotions, distress tolerance, safety plans

SESSION FOUR

Other Treatments, Managing Your Care

- Supplements—quick fix or expensive urine
- Complementary medicine, psychedelics, ketamine, TMS
- Gaps in care, and how patients can help fill them
- Co-managing treatment plans—why, how, getting stuck
- Art of better communication with health professionals