



## Shared Vocabulary

### **Accessing Information**

Ability to identify, obtain and make use of information effectively.

### **Depression**

A common mood disorder with specific changes in moods, thoughts and behaviors.

### **Mental Health**

A person's condition with regard to their psychological and emotional well-being.

### **Mental Health Resource**

Services, people, information, treatment, counseling that assist an individual or group of people with mental or emotional illnesses.

### **Mental Health Provider**

A professional who diagnoses mental health conditions and provides treatment.

### **Mood Disorder**

A psychological disorder that impacts a person's mood substantially; such as depression or bipolar disorder.

### **Referral**

Directing someone in need of something for a review, further support or help.

### **Self-Harm**

When people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress.

### **Self-Referral**

Directing oneself for a review, further support or help from a professional.

### **Stigma**

A mark of shame associated with a particular circumstance, quality, or person.

### **Suicide**

Death caused by self-directed injurious behavior with intent to die as a result of the behavior.

### **Treatment**

There are three treatment options for depression— talk therapy (psychotherapy), medication or a combination of the two. Different kinds of mental health professionals specialize in these different treatments.

### **Trusted Adult**

Someone who is reliable and dependable.

If you need to speak with someone immediately, please text or call 988.  
If this is an emergency, please call 911.