

## 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.

**Everyday Feelings**

Feelings that come and go and are a normal reaction to things that happen in our lives. They are always changing and don't hang around for too long.

**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.

**Overwhelming Feelings**

Feelings that hang around for at least two weeks or longer, change the way we feel and behave and stop us from doing what we want in life. These might be referred to as a mental health problem, mental illness or mental disorder.

**"Red Flag"**

A term used as a sign that something is not right.

**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.