



WORLD MENTAL HEALTH DAY

GLOSSARY

“Allied Health Professionals”

Allied Health Professionals are healthcare practitioners who provide care for patients alongside medical doctors. This includes psychologists, physio, occupational, and speech therapists, as well as many others not mentioned.

“Assessment”

Processes and tools that are used to evaluate various aspects of a person’s abilities or Mental state.

“CBT”

CBT Cognitive Behavioural Therapy, which is a type of therapy that suggest that thoughts lead to feelings which in turn lead to behaviour. CBT therapists provide tools for how a person can rewire their thinking patterns and in turn manage feelings that arise and change behaviour. This sort of therapy is particularly effective for conditions such as Panic Disorder, OCD, and Anxiety.

“Comorbidity”

The presence of two or more health or Mental Health conditions existing in the same person, such as having both Depression and Generalised Anxiety Disorder.

“Confidentiality”

An ethical principle that healthcare providers must follow, stipulates that they may not share a client's information with anyone except under specific circumstances, such as if the client may be of harm to themselves or others.

“Counselling Psychologist”

A Counselling Psychologist is a Mental Health practitioner that deals with people's every day Mental Health issues, such as personal, relationship, and work problems. Depending on their level of training, they may diagnose and treat certain pathologies, but if not trained, may not treat severe pathology such as Schizophrenia.

“DBT”

Dialectical Behaviour Therapy is a type of Cognitive therapy that makes use of mindfulness and acceptance to help people function more effectively in daily life. It is particularly effective for the management of Borderline Personality Disorder but may be used to treat other Mental Health conditions as well.

“DSM V”

DSM V is an acronym for Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition. This is a tool used by Mental Health professionals to make diagnoses. The DSM V features all classified Mental Disorders and the criteria that need to be present in a person to make a formal diagnosis. Only licensed medical professionals may use the DSM V to make a diagnosis.

“Dual Diagnosis”

The presence of both a Substance Use Disorder and one or more other Mental Health conditions in the same person, such as Depression, Generalised Anxiety Disorder, Bipolar etc.

“Educational Psychologist”

Educational psychologists are Mental Health practitioners with a primary focus on the well being of people in educational environments, such as providing counselling, support, and scholastic assessments to school children or adolescents.

“Forensic Mental Health Services”

Forensic Mental Health services provide assessments and treatments for people who have broken the law and who may have a Mental Health condition.

“Incapacity Leave”

This refers to a certain type of leave that may be applicable when a person is experiencing, such severe impairment, due to ill health, injury, or disability, that it is impossible for them to perform their work-related tasks.

“Informed Consent”

An important ethical requirement, where a Healthcare Provider must ensure that a patient fully understand and agrees to the treatment that they will receive.

“Inpatient”

An inpatient is a person who has been checked into a Mental Health Care facility to receive specialised treatment. These patients usually stay in the facility for a period of several days, weeks or longer.

“Involuntary Admission”

When a person is held in a Mental Health facility in accordance with some stipulation under the Mental Health Care Act, such as if they have been ordered by a court to do so, or if the person may be of harm to themselves or others.

“Locum”

A health professional that steps in to cover for another health professional of the same designation, such as when your psychiatrist needs to take leave and another psychiatrist fills in for them.

“Mental Health Care Act”

The Mental Health Care act is an important piece of government legislation that enforces the rights of people who seek and receive treatment for their Mental Health.

“Mental Health Care User”

Any person who receives medical assistance or treatment for their Mental Health.

“Mental Health Disability”

When certain Mental Health conditions, such as Schizophrenia, Bipolar, or severe Depression, cause a person to significantly not be able to perform normal daily functions, such as looking after themselves, or going to work.

“Multidisciplinary Team”

This refers to a team that can be made up of various health professionals with different areas of expertise that come together to treat the same person. An example of a multidisciplinary team would be a psychologist, a psychiatrist, a social worker, a doctor, and an occupational therapist all working together to treat someone with schizophrenia.

“Neurodivergent”

Neurodivergence refers to brains that are structured and process things in ways that are different to the “typical” brain. The reason we emphasize difference is that just because a person’s brain is different does not imply that it is wrong or dysfunctional, merely that it is unlike the norm.

“Occupational Therapist”

Certain conditions and injuries may leave a person without the ability to perform everyday functions that most take for granted. An Occupational Therapist is a health professional who specialises in helping people in these situations to regain their ability perform such tasks. This may include things like writing, using cutlery, and functioning effectively in a work environment.

“Outpatient”

This refers to any person who is receiving healthcare treatment from a healthcare professional or in a treatment facility but who is not staying in the facility. Outpatients visit the facility for an appointment every now and then but go home after they have received treatment.

“Patient of State”

A person who has committed a crime but who is not able to go to prison due to a Mental Health condition. Instead, they are admitted to a psychiatric facility for an unspecified period of time or until they are deemed no longer a danger to others.

“Prescribed Minimum Benefits”

A list of treatments that medical aids are obliged to cover, whether the client has a savings plan or not, for clients with certain diagnoses.

“Psychiatrist”

A psychiatrist is a medical doctor who has specialised in psychiatry, which is focused on treating Mental Health conditions with the assistance of psychiatric medication. These doctors may prescribe medication.

“Psychodynamic”

Psychodynamic therapy is an umbrella term for types of therapy that may be focused on childhood experiences, attachment, and recurring patterns as the underlying causes for current negative experiences or Mental Health conditions.

“Psychologist”

A psychologist is a registered Mental Health practitioner that may provide certain forms of therapy to a client with the aim of treating Mental Health conditions. This may be done by using various therapy approaches such as CBT, Psychodynamic therapy, or Family Therapy among other. Clinical psychologists may deal with severe forms of Mental Illness such as Schizophrenia.

“Psychologist vs Psychiatrist”

These professionals are often confused, but a psychiatrist is a medical doctor who may treat mental illness by prescribing medication, while a psychologist is a registered health professional who provides talk therapy to treat mental illness.

“Psychosis”

A state of mental distortion where a person loses touch with reality and may experience hallucinations, delusions, and several other debilitating symptoms. Psychosis may be caused by a Mental Health condition such as Schizophrenia, Bipolar, and even severe forms of Depression, as well as by other traumas, and substances, such as cannabis.

“Registered Counsellor”

A registered counsellor is a registered Mental Health practitioner who is equipped to provide, usually short-term, counselling for issues pertaining to a person’s everyday personal, social, and psychological functioning and well-being. They may also provide trauma counselling and crisis intervention but may not diagnose Mental Health conditions or treat severe pathology such as Schizophrenia.

“Resilience”

Resilience refers to one’s level of ability to withstand and go through difficulties effectively.

“Sectioned”

When a person is held in a Mental Health facility in accordance with some stipulation under the Mental Health Care Act, such as if they have been ordered by a court to do so, or if the person may be of harm to themselves or others.

“Social Worker”

A social worker is a health professional that is qualified to help people to navigate social support services. Social workers are often involved in issues such as domestic, child, and sexual abuse, as well as with things like applying for employment grants among others.

“Suicide Ideation”

A suicidal ideation is a thought about suicide or wanting to die without the planning involved in active suicide. People with ideations might find that they feel like they don't want to live anymore but are not actively planning to end their lives. These can be the result of severe stress or Depression.

“Under Observation”

In Mental Healthcare, under observation means that a patient has been booked into a treatment facility for a few days, and that their symptoms are being monitored to determine whether they require a longer term stay for treatment.