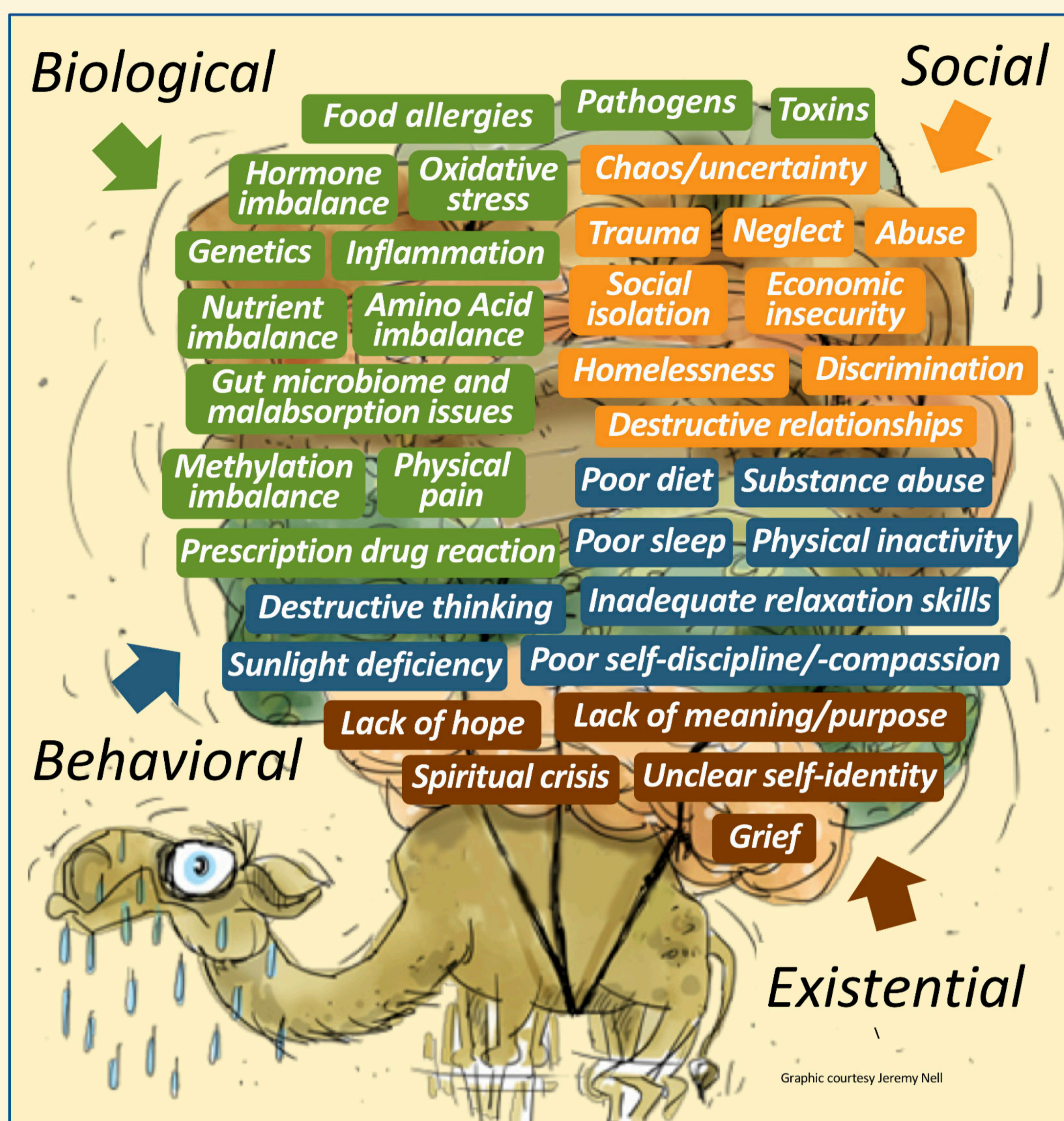


The grounding & practice of Integrative Mental Health

The Challenge

Mental distress stems from a complex

Web of Causation



Many causative factors can disrupt mental well-being. Some we understand, some we don't.¹

For certain people, one factor predominates.

For others, many smaller factors interact.

The factors' weight can break the camel's back and lead to psychiatric crisis.



Discover and address your unique causative factors

A Solution

Wellness-oriented, cause-seeking, evidence-based care. Personalized to your history, bio-individuality², and self-identity.

01 Biological and wellness support

The Basics: diet, exercise, sleep, stress management...³
 25%+ of mental distress caused by physical issues⁴
 Lab tests help uncover physical causative factors⁵
 Targeted care based on your unique lab results⁶

02 Social and behavioral support

Dialog helps uncover social/behavioral factors⁷
 Psychosocial support for stressors, emotions, coping⁸
 Peer support: inspiring role model for recovery⁹
 Basic needs support: housing, employment, education¹⁰
 Trauma-informed¹¹ and spiritually-sensitive¹²

03 Community support of hope and caring

Affirming... your worth, wholeness, and personhood¹³
 Self-identify... self-determination,¹⁴ self-compassion¹⁵
 Relationships... respect, companionship, friendship, love¹⁶
 Peer engagement... Open Dialogue, Hearing Voices...¹⁷
 Welcoming groups... belonging, "you are one of us"
 Meaning... enabling your passions, interests, and skills¹⁸
 Normalcy... working, learning, being, enjoying, giving



Disease-oriented, symptom-seeking, evidence-based care. Standardized drug protocols per diagnosis.

Medication support

Transparent sharing of pros and cons of all drugs¹⁹
 Self-determined choice, guided by prescriber²⁰
 For crisis stabilization and symptom/relapse relief²¹
 Minimum effective dosages to reduce side effects²²
 Taper dosages as symptoms sustainably improve²³

Integrative Mental Health uses the best of conventional psychiatry and evidence-based nondrug care.²⁴
 Access is limited, but solutions are available now.²⁵
There is good reason for hope.