

What is a Mental Health Clinician?



Mental Health Clinicians (MHCs) can help you to manage big feelings in a more helpful way. When people struggle with feelings that are overwhelming or scary, they sometimes do things they don't really want to do. MHCs can work with you to understand and manage these responses.

MHCs will help you learn why you feel big emotions like sadness, anger and worry, and what you can do when these feelings arise. They will provide you with strategies to help you feel better, have better relationships and to work towards the things that are important to you.

LINKS MHCs can work with you, your carers and other members of the team to support:

- Learning how things that have happened in the past can impact you in the present
- Getting more control over how you act when you have big feelings
- Learning what you can do to calm down when you are upset or angry
- Finding ways to slow down your thoughts
- Helping people around you to better understand you

MHCs might ask questions about what you have experienced, how you feel and what you would like to achieve, so they can understand how best to help you.