

**A Guide to
Caring for Your
Mental Health**

Are u ok?

**How to Know if
You Need Help &
Where to Find It**

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Kati Morton

Are u ok?: A Guide to Caring for Your Mental Health



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A licensed family members therapist and You Tube character, Kati Morton answers the mostly asked questions about mental wellness, including when to get help and where to find it. Everyone struggles with mental health issues from time to time, but the greatest degree of misunderstanding comes from understanding the difference between mental health and mental illness, figuring out whether we need specialized help and, if so, where to find it. What are the red flags of a mental ailment? How do you know if your therapist is a great fit for you? What are the very best ways of talking about mental health together with your family, friends and colleagues? Are u ok? How do you go about producing an initial therapy appointment? walks readers through the mostly asked queries about mental health and the process to getting help. From finding the greatest therapist to navigating harmful and toxic associations and everything in between, licensed family members therapist and YouTube sensation Kati Morton clarifies and de-stigmatizes the struggles so many of us go through, and encourages visitors to reach out for help. There are so many questions and worries, and in the down-to-earth, friendly tone which makes Kati Morton therefore popular on YouTube, Are u ok? informs and reminds us that we can get through the difficult times and we are never alone.



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