

Patient Education

Mental Health

Go to our Patient Education Toolkit below to access recommended resources

www. _____ **vivacare.com**

CONDITIONS

- ADHD
- Alcohol Use & Abuse
- Anorexia
- Anxiety Disorders
- Bing Eating
- Bipolar Disorder
- Borderline Personality Disorder
- Bulimia
- Conduct Disorder
- Depression
- Eating Disorders
- Fibromyalgia
- Generalize Anxiety Disorder (GAD)
- Headaches
- Insomnia
- Learning Disabilities
- Mild Cognitive Impairment

- Overweight & Obesity
- Panic Disorder
- Personality Disorders
- Phobias
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Seasonal Affective Disorder
- Suicide
- _____

TESTS

- _____

MEDICATIONS

- _____
- _____

THERAPY

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Family-focused Therapy
- Psychodynamic Therapy
- Psychotherapy
- _____

GENERAL

- Food Diary
- Stop Smoking
- Weight Loss
- _____