

A JOURNEY THROUGH THE NORTHEAST KINGDOM'S MENTAL HEALTH AND SUBSTANCE USE SYSTEM

1. Reaching Out for Help

For individuals interested in mental health or substance use treatment, simply reaching out for help can be the most daunting step. Individuals may be overwhelmed by the burden of this process and seek out alternate resolutions or not seek out help at all.

2. Receiving Treatment

Once individuals have reached out for help, they often experience long wait times. Those seeking mental health or substance use treatment may exit the system or begin again at this stage due to lack of accessibility, issues obtaining consistent and appropriate care, and wait times.

3. Consistent Treatment

Individuals receiving mental health or substance use treatment often note the difficulty in receiving consistent treatment due to changing factors out of their control. Individuals also mention that treatment in itself is not the end goal, but rather a step in the long journey of treatment and recovery.

