

ADULT MENTAL HEALTH CENTRES

Working together for better well-being and a healthy future.



OUR WELLBEING MATTERS

Mental health is an inseparable part of our overall health at all stages of life, as it affects the way we think, feel, experience and experience and behave.

Robust mental health provides us with:

- feelings of satisfaction, self-worth and hope
- self-respect and a positive self-image
- fulfilling relations with others
- an ability to manage challenges in all areas of life effectively

All of us throughout our lives encounter various challenges that bring changes to our mood, as well as occasional and transitory unpleasant feelings, thoughts and emotions. Challenges are an integral part of life. Good mental health helps us to overcome them, either on our own or with the help of our loved ones.



WHEN TO SEEK HELP

When we realise that we are unable to overcome our problems ourselves or with the help of loved ones, and are in such distress that our mood, thoughts and behaviour are visibly deteriorating, leading to a worsening in our ability to function in our daily lives, our relations with those closest to us and our quality of life, it is advisable to seek professional help.

We can turn to a local Adult Mental Health Centre, which offers timely and easily accessible professional help to all those who are encountering mental distress or who require advice on how to help their loved ones.



HOW HELP AND SUPPORT ARE PROVIDED

Anyone in mental distress can access an Adult Mental Health Centre to speak to a professional. You may also seek help and advice on behalf of your loved ones. A referral is not required.

You may also be referred to a centre by a GP, specialist physician, emergency medical service, social services centre, social protection programme provider or other participating services.

You will find a team of professionals on hand in one place:

- nurses
- social workers
- occupational therapists
- psychologists
- psychiatrists

We provide varied types of help:

- support and treatment
- support to loved ones
- counselling and education
- psychotherapy and group therapy

Each centre also works with other services and organisations in the local area that are able to offer help and support.

When you first make contact, you will talk to a nurse about your problems, and fix a date for your first appointment at the centre. Together with the team, a mental health care plan that best suits your needs will be created.





za duševno zdravje



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA ZDRAVJE

NIJZ Nacionalni inštitut
za javno zdravje

We can overcome many of our problems together. If you have any questions relating to your mental health, call us. We are always happy to help.

For urgent cases involving threat to life or health, seek help from an emergency centre or call 112.



The Network of Adult Mental Health Centres was established by the National Mental Health Programme (MIRA).

For more information, visit zadusevnozdravje.si

CONTACT INFORMATION

