Mental health comes first

Thinking erroneously can be dangerous to your health. Volunteers of the National Hope line Network have answered over seven million calls with the highest percentage (60%) of calls being for those in mental health crisis. Health care systems are challenged to do mental health promotion and prevention to lower costs. Screening for mental health and one's ability to learn could provide the needed information to be proactive towards faster healing times. The ability to make good choices and to reason from cause to effect is important for a healthy mind. We are what we think and what we eat. Dietary intake needs to be adequate to make healthy neurotransmitters so messages from our central nervous system are sent and received properly. The best therapeutic outcomes result when the brain's pleasure centre, addictions, self harm and dual diagnosis is thoroughly understood. Research has established through brain imaging we are spiritual and have the capacity to have a relationship with God. Many are lacking a positive experience with God resulting in being spiritually sick. Complex human beings need a holistic diagnosis to become well. The use of cognitive behavioral therapy and forgiveness therapy can bring about mental, emotional, physical and spiritual healing.

Biography

Helen Northcott has completed her MA from Andrews University in Berrien Springs, Michigan and PhD from Almeda University. She is the Director of Choose a Lifestyle, which is her private practice for Psychotherapy, Addiction Counseling, Anger Management and Alcohol Education classes. She is a Registered Psychotherapist with the new College of Registered Psychotherapists of Ontario. She is a Registered Practical Nurse and is registered with the College of Nurses of Ontario. She is a Vegetarian Cooking Instructor and an Ordained Minister. She has published two books and written for newspapers in Canada and Indonesia.

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