



Managing Mental Health Across Cultures

Western Cultures	Indigenous	Developing Countries
Psychotropic Medication	Holistic Approach	Family and Extended Support
Talk Therapy	Mind-Body Connection	Traditional Healers
Individuality Framework	Community Connection	Collectivism Framework
Mind Healing Framework	Social and Emotional Wellbeing Framework	Spiritual Framework
Individualism	Cultural and Mother Earth Connection	Culture and Societal Connection
Medical Treatment Seeking	Traditional Healing Approaches	Herbal Therapy
Psychiatric and Psychological Approaches	Ceremonies, plant, mineral-based medicines energetic therapies; or physical/hands on techniques.	Plant and Energy Medicine
System Organized treatment	Cultural Trusted remedies	Cultural Trusted remedies