IS COUNSELING RIGHT FOR ME?

Counseling (sometimes called psychotherapy or talk therapy) is an intervention to help people who are experiencing emotional or behavior problems, or people who have a mental health disorder. Counseling can help improve their mental well-being and engage interpersonal relationships in a way that facilitate the process of change.

In most kinds of counseling, the person receiving treatment will talk with a trained therapist or counselor. Counseling is more than just talking about your problems. Counseling can teach you innovative ways to think about the situations that bother you and help you cope with your feelings. It can help address your feelings of anger, fear, anxiety and panic. Counseling can also give you tools to help fight depression, trauma, etc.

Some people may not want professional therapy or counseling because they have reservations about this resource, such as telling their personal business to a stranger; feel ashamed of their problems; or cultural generalizations that counseling is for the seriously mentally ill or crazy people only. Don't let shame and fear stop you from getting the help you need. Good mental health is part of your overall health and well-being.

Counseling can help address a variety of problems. Some common reasons why people seek counseling include: anger, depression; marital problems, infidelity, divorce or other relationship issues; stress and anxiety; career choice; grief, loss or bereavement; domestic violence or abuse; fertility issues.

If you are not sure if therapy and counseling are right for you, talk to your primary care physician or spiritual leader. They can refer you to a trained professional who can help with your problems. You can also talk to trusted people who have benefited from counseling.