Courtesy of your

Employee Assistance Program

www.dhhs.nh.gov or 1-800-852-3345 x 4336 (Relay NH) 7-1-1

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All About Counseling

Professional counselors offer help in addressing many situations that cause emotional stress, including, but not limited to:

- anxiety, depression, and other mental and emotional problems and disorders
- family and relationship issues
- substance abuse and domestic violence
- eating disorders
- career change and job stress
- social and emotional difficulties related to disability and illness
- adopting to life transitions
- the death of a loved one

"Good indicators of when you should seek counseling are when you're having difficulties at work, your ability to concentrate is diminished or when your level of pain becomes uncomfortable," says Dr. Gail Robinson, past president of the American Counseling Association. *"However, you don't want to wait until the pain becomes unbearable or you're at the end of your rope."*

"If someone is questioning if they should go into counseling that is probably the best indicator that they should," says Dr. William King, a mental health counselor in private practice in Indianapolis, Indiana. *"You should trust your instincts."*

Counseling is recommended when you:

- Spend 5 out of 7 days feeling unhappy
- Regularly cannot sleep at night
- Are taking care of a parent or a child and the idea crosses your mind that you may want to hit that person
- Place an elder in a nursing home or alternative care
- Have lost someone or something (such as a job)
- Have a chronic or acute medical illness
- Can no longer prioritize what is most important in your life
- Feel that you can no longer manage your stress

Robinson points out you don't have to be "sick" to benefit from counseling. *"Counseling is more than a treatment of mental illness,"* she says. *"Some difficult issues we face in life are part of normal development. Sometimes it's helpful to see what you're going through is quite normal."*

It is difficult to open up and share your problems with a stranger and you may feel awkward or anxious during your initial sessions. But it is also important that you have a "chemistry" or rapport with the counselor. Counselors have different styles, personalities, and approaches. Take time to evaluate how you feel interacting with the counselor and whether you believe that the two of you can work effectively together. If you do not feel at ease with a certain counselor, do not get discouraged. Instead, look for a different individual with whom you would feel more comfortable working with.

Source: www.counseling.org
Courtesy of ***Wellness Proposals***

Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.

~ M. Scott Peck, M.D.