

What's So Great About Counseling Anyway?!

You can learn better ways of coping!

A counselor can help you learn better ways of dealing with anger, sadness, or anxiety. Learning healthy ways to cope will help you feel better!

It can help you learn how to solve problems!

Counselors are great at helping others solve problems. They'll work with you to identify the best solution for any issues you might be facing. A counselor can teach you skills that you'll need to better handle the problem on your own.



You can talk to someone who will listen to you!

A counselor's job is to listen to all your thoughts and feelings! Counselors are very open-minded and will not judge you, no matter what you're going through.

It can help improve your relationships with others!

In counseling you can talk about problems that you're having in your relationships with friends, family, or others. You can also learn things that you can do to help these relationships improve.

TIPS!

1. Take your time opening up. A counselor will never force you to talk - they want you to feel comfortable sharing your feelings with them. But remember that if you really want to start feeling better, it is helpful to start expressing your feelings to the counselor.
2. Ask the counselor any questions you might have. The counselor will gladly answer any questions you have about counseling! Sometimes they might even answer questions about themselves if it helps you feel more comfortable.
3. Ask if you can talk about something you're interested in. Sometimes, to feel more comfortable, it is helpful to talk about your hobbies, friends, or games.