

How Do I know I Need Counseling?

A mental health professional offers help in addressing many situations that cause emotional stress, including, but not limited to:

- Adapting to life transitions
- Anger management difficulties
- Anxiety
- Career change and job stress
- Death of a loved one or friend
- Depression, and other mental and emotional problems and disorders
- Eating disorders
- Family and relationship issues
- Flirtatious behavior
- Gambling addiction
- Intimate partner abuse including spousal rape
- Sexual abuse and domestic violence including rape or molestation
- Sleep disorder
- Social and emotional difficulties related to disability or illness
- Substance abuse and other addictions (Alcohol, cocaine, marijuana, tobacco, etc.)

“Good indicators of when you should seek counseling are when you are 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. Or you:

- Spend five to seven 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 in 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.