



UNDERSTANDING COUNSELING: WHAT CAN YOU EXPECT FOR MENTAL HEALTH SERVICES



What should I expect from counsellors?

Counselors offer mental health support and services in a non-judgmental and safe manner. Your shared thoughts, feelings, and experiences are confidential, and the expression of these difficulties is encouraged throughout sessions. Ultimately, counselors have your best interests in mind and will help you cope with mental health struggles by assisting you in building coping strategies and setting personal goals to build a life with improved mental wellness.

What if my counselor brings up unrelated issues?

As mental health issues are complex and can derive from multiple possible experiences and fears, your counselor may want to dive into these unrelated issues; however, communicating your confusion or dissatisfaction about moving away from focal topics is completely okay. However, at the same time, it is important to know that counselors

may bring up seemingly unrelated topics in an attempt to tie explanations to your issues. If you are ever uneasy about changing topics just let your counselor know so they can assess if you would be interested in straying away from your main concerns.

Communication between you and your counselor can better help you clear up your primary concerns in counseling sessions.

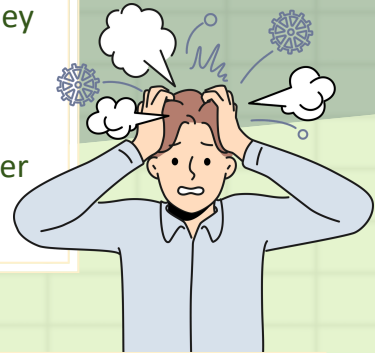


Is it okay to disagree with your counselor?

It is always okay to disagree with your counselor when done in moderation. Counseling sessions are for your benefit and require understanding from both you and your counselor. If you are feeling unsatisfied with the strategies your counselor utilizes or if you are unhappy with the communication of your issues it is best to let your counselor know. Moving forward they will shift the session goals, communication, and perception to better align with yours. It should be noted that counseling involves uncomfortable topics being discussed that you may want to resist to protect yourself, however, to get the most out of counseling it is important to keep an open mind to properly seek the help you need.

What if the pace of counseling is too much for me?

As counseling is quite emotionally intensive, you may feel as if the pace of counseling sessions is overwhelming, however, this is completely normal. Communicate with your counselor about your preferred pacing and they will adjust accordingly. Additionally, if you prefer to not dive into specific issues, they will take note and readjust toward other aspects of your life that may be impacting your mental health. Your comfort is of utmost importance to counselors, how comfortable you are throughout sessions could help you better identify issues and create breakthroughs in counseling sessions.



Before recovery from counseling sessions, is it normal to feel worse?

Discomfort is frequently faced when addressing your heaviest burdens during counseling sessions, however, they are temporary dips in your mental wellness. Think of this feeling as part of the recovery process, you must first involve yourself in these feelings again before finding the best way to tackle the issues. If you continue counseling sessions past these hardships, you will notice improvement over time as you will be better equipped to handle these challenges. As with any other journey, mental health has its lows, but it has the potential to lead to the highest points in your well-being.



Are There Counselors Available Online?

Online counselling sessions offer great ways to navigate around your mental health concerns without having to expose yourself to the physical anxiety of walking into a counselling center. Methods of contact with online counselors include phone calls or video conferences depending on what you prefer.

Seeking counseling online is beneficial to those with busy or restrictive schedules and is encouraged for all individuals struggling with mental health.

Let's Talk is one such service for online mental health support and counseling. Appointments can be scheduled at <https://letstalk.pairacademy.org/register.php>.

