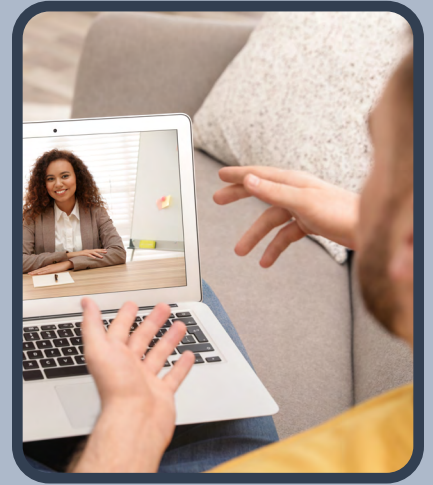


**APRIL 2021**


## COUNSELING AWARENESS MONTH

**Why see a counselor?** Do you ever feel too overwhelmed to deal with your problems? If so, you're not alone. **In the United States, almost half of adults (46.4%) will experience a mental illness during their lifetime.** Personal or psychological counseling offers you the opportunity to talk about social, emotional, or behavioral problems that are either causing you distress or interfering with your functioning.

**Counselors are trained professionals who can respond to your concerns in an objective and non-judgmental manner.** The counseling relationship is unique and provides a supportive environment that allows you to talk openly with someone who's neutral and empathetic. **You and your counselor will work together to identify and change the thought and behavior patterns that are keeping you from feeling your best.**



### Some of the most common problems that people seek help for include:

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- Difficulty concentrating or completing tasks
  - Family, relationship, or work problems
  - Procrastination and other self-defeating behaviors/habits
  - Issues of grief and loss
  - Difficulty managing stress
  - Coping with traumatic events
  - Domestic violence
  - Sexual assault
  - Depression or lack of motivation
  - Anxiety or acute panic attacks
  - Problems with alcohol or other drugs
  - Issues with eating behavior and/or body image
  - Problems with anger
  - Sexual concerns
  - Compulsive behaviors



**If you have an Employee Member Assistance Program (EMAP), contact them for help. If you don't have an EMAP, contact a doctor.**