

MYTH

OR

FACTS

ABOUT COUNSELING

MYTH: You have to have a mental illness to go to counseling.



FACT: It is true that some people who have severe mental illnesses work with counselors to manage symptoms, but counselors also help people work through everyday problems

MYTH: Seeking counseling is a sign of weakness.



FACT: Seeking counseling is a way to proactively manage your problems. If you have problems that impair your ability to function day to day, a counselor can teach you skills to handle difficult times. In addition, some people seek counseling services to improve their already great lives.

MYTH: Counselors will try to put you on medication.



FACT: Licensed counselors hold master's or doctoral degrees in mental health fields. They provide appropriate counseling and do not prescribe medication. Counselors work with psychiatrist who prescribe medicine.

MYTH: Counseling is a quick fix for all your problems.



FACT: There are no quick fixes when it comes to mental health. Strengthening your brain through counseling is like strengthening your body through exercise. It takes time, practice, patience, and persistence.

