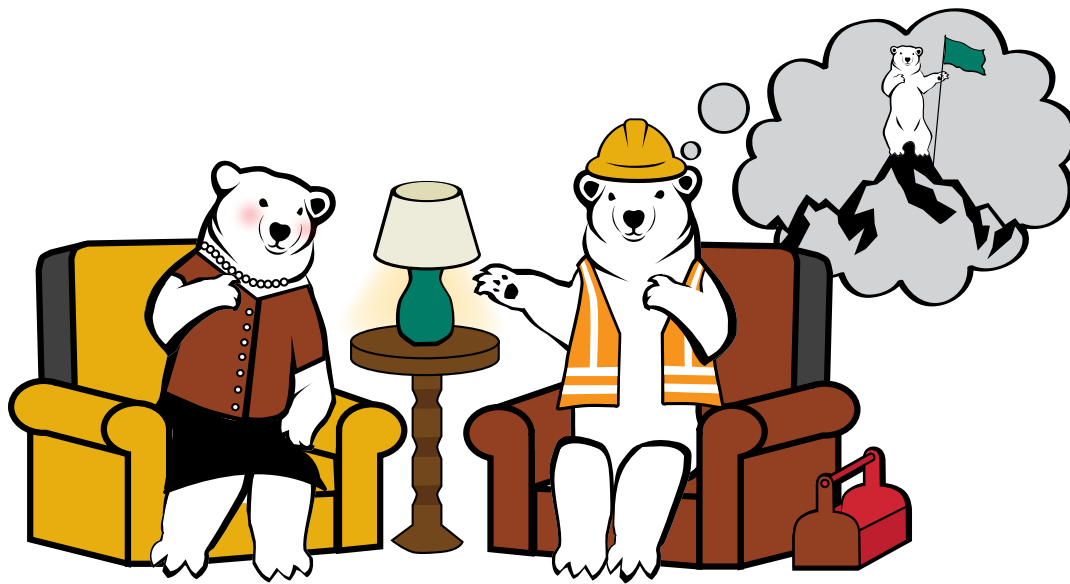




What to Expect from Professional Counseling Services



Counseling is a confidential learning process during which you meet with a trained professional who can help you sort out your concerns, think through decisions and create personal goals. People who attend counseling do so for a wide range of reasons – from adjusting to disruptions in life to major mental and emotional problems. The mental health professionals are bound by strict guidelines on confidentiality. Initially, you might be asked a number of background questions in writing or during the discussion to help the professional more fully understand your situation. You will benefit the most from counseling if you come prepared to focus on a specific issue with a goal in mind and by being as open and as honest as you can. At the end of the counseling process, you should feel understood and encouraged, you should have more self-awareness, new skills, fewer symptoms, and a direction for on-going improvement.



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