

# COUNSELING and MENTAL HEALTH: MYTHS vs. FACT

Most of us associate counseling with serious mental health issues such as depression or severe anxiety. But that's not always the case. With that in mind, it's important to dispel many of the myths surrounding counseling:



**MYTH:** Counseling is only for people who are “crazy” or have serious emotional concerns

**FACT:** Having serious concerns doesn't mean someone is “crazy.” It means they may need some help with their concerns. But counselors also help people work through everyday problems like relationship issues, sadness, grief, and career transitions.



**MYTH:** Just talking in counseling about problems is not going to solve the problems.

**FACT:** Counseling is much more than simply talking about problems. Counselors apply therapeutic models to help people understand the causes of their problems and to develop methods for overcoming problems in the future.



**MYTH:** Men can't benefit from counseling.

**FACT:** Both men and women can benefit from counseling. The number of men seeking services has increased significantly, especially over the last decade, suggesting that men are becoming more open to and finding benefits in counseling.



**MYTH:** I don't need to talk to a counselor. Talking to a friend or family member is just as good.

**FACT:** Talking with a counselor is not the same as talking with a friend or family member. Counselors set boundaries in their relationships with clients to keep the focus of conversation where it needs to be—on the clients' goals for improvement.



**MYTH:** Seeking counseling is showing weakness.

**FACT:** It can be very hard for people to admit that they need help. It takes a lot of strength and courage to seek counseling.



If you think counseling would be beneficial, or if you're just interested in learning more about how it can help, call your GuidanceResources® Employee Assistance Program. Help is available 24 hours a day, seven days a week by calling the toll-free number.

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