

## **QC011SN - How Do You Know if You Need to See a Counselor?**

Just like going to the doctor, sometimes people are unsure about whether they should see a counselor or not.

- They want to be self-sufficient.
- They want to avoid the uncomfortable.
- They don't want people in their business.
- And they don't want to be seen as over-reacting, weak, or crazy.

The 5 criteria for deciding if you need to see a counselor:

- The issue won't go away on its own.
- The issue keeps getting worse.
- Talking to friends, family and others hasn't helped.
- The issue is interfering with your life.
- You're starting to have thought of harming yourself or others.

If one or more of the above apply to you, it could warrant seeing a counselor.