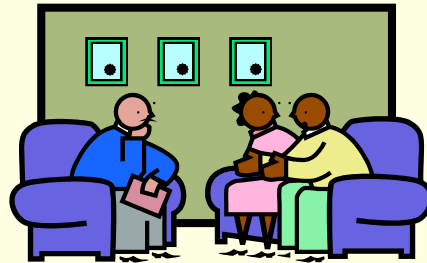

If You Need Someone to Talk To -- Counseling and Therapy



When do we get hurt?

◆ Your **body hurts** when:

- You fall down and hurt your leg.
- You drink hot coffee and your mouth burns.
- You get a cold and you hurt all over.



◆ Your **head and heart hurt** when:

- Someone says something mean.
- You feel sad about something.
- You think about bad things a lot.

What can you do when your body feels hurt?

- ◆ You go to a doctor:
 - To find out what's wrong.
 - To find out how to get better.



What do you do when your head or heart feels hurt?

What can you do when your head and heart feel bad?

- ◆ It helps to talk to someone who will:
 - Listen.
 - Ask questions.
 - Share ideas.
 - Keep things private.



What can you do when your head and heart feel bad?

- ◆ You can talk to someone who knows and cares about you. For example, you can:
 - Talk to a friend.
 - Talk to someone in your family.
 - Talk to someone you work with.
- ◆ You can also talk to someone called a **counselor**.



What is counseling?

- ◆ Counseling helps make the hurt in your head and heart go away.
- ◆ Sometimes counseling is called therapy.
- ◆ In counseling you may:
 - Talk about your feelings.
 - Use art or music to show how you feel.



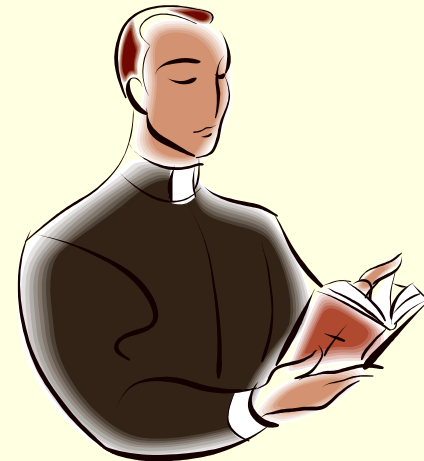
Who does counseling?

- ◆ Counselors are sometimes called:
 - Therapists.
 - Doctors.
 - Psychiatrists.
 - Psychologists.
 - Social Workers.
 - Marriage and Family Counselors.



Read Maria's story.

- ◆ Maria and her parents fight every day.
 - They yell.
 - They call each other names.
 - Then they don't talk to each other.
- ◆ At work, Maria thinks about her family and starts to cry.
- ◆ She asks her minister what to do.
- ◆ He says they should talk to a family counselor.



What happens in counseling?

- ◆ In counseling, people talk.
 - Don't be afraid to say what you feel.
 - Some people use drawings or music to show how they feel.
- ◆ The counselor will listen and ask questions.
- ◆ Together, you can decide:
 - Why you feel bad.
 - What you can do to feel better.

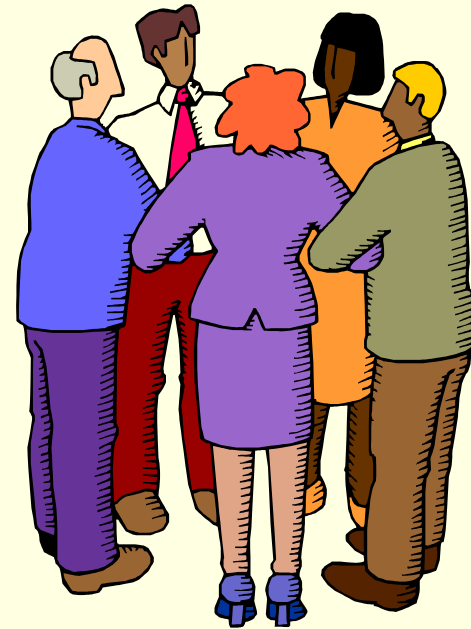


Is your counselor right for you?

- ◆ After your first meeting, ask yourself:
 - Do you feel good talking to this person?
 - Do you trust him or her?
 - Do you want to go back?
 - Did he or she explain everything so you understand?
- ◆ If you answer “no” to any of these questions, you can ask for another counselor.

You may want to join a support group.

- ◆ A support group is a group of people who get together to help each other by:
 - Listening.
 - Sharing stories.
 - Giving ideas on how to feel better.



You may want to join a support group.

- ◆ People talk about lots of things in a support group, such as:
 - Feeling sad after someone dies.
 - Feeling unhappy with life.
 - Drinking too much alcohol or eating too much.
 - Anything that gets them down.



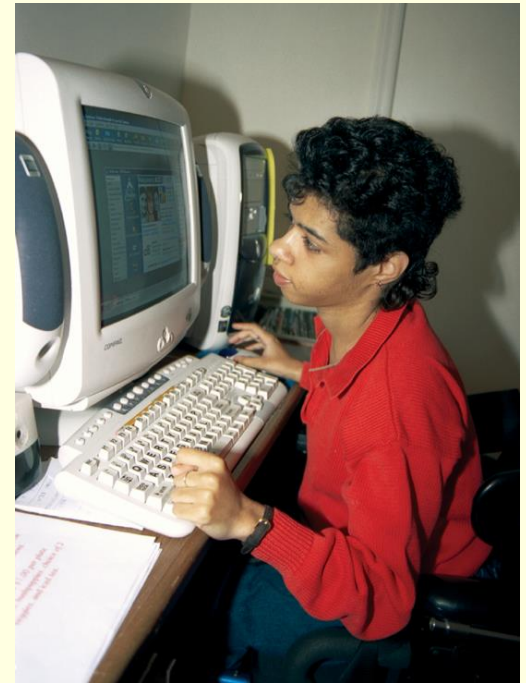
Where can I find a support group?

- ◆ Ask your Regional Center service coordinator.
- ◆ Ask your support staff.
- ◆ Ask your friends.



Where can I find a support group?

- ◆ Call 211 - Ask about support groups for people with developmental disabilities.
- ◆ Call your local Area Board.
- ◆ Go online and search for support groups.



Read more about Maria and her family.

- ◆ The family went to a counselor several times.
- ◆ He helped them talk to each other.
- ◆ They shared ideas about:
 - What makes people angry.
 - How to get rid of anger.
 - How to do positive things every day - like telling each other something good that happened.
- ◆ They are getting along much better these days!



Learn more on the DDS SafetyNet:

- ◆ You can learn about depression here:
 - <http://www.ddssafety.net/health/mental-health/about-depression>
- ◆ You can learn about other mental health conditions here:
 - Living with Your Mental Health Condition: <http://www.ddssafety.net/health/mental-health/living-your-mental-health-condition>
 - Understanding Mental Health Conditions: <http://www.ddssafety.net/health/mental-health/understanding-mental-health-conditions>