



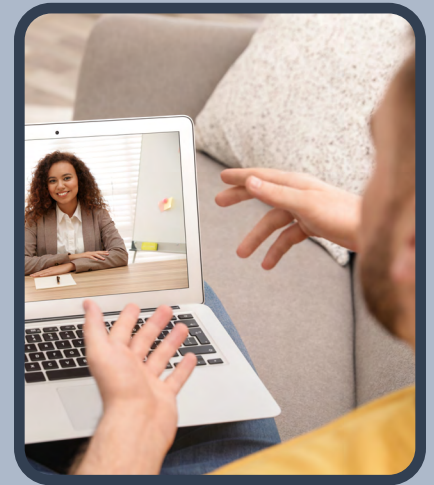
APRIL 2021




COUNSELING AWARENESS MONTH

Why see a counselor? Do you ever feel too overwhelmed to deal with your problems? If so, you're not alone. **In the United States, almost half of adults (46.4%) will experience a mental illness during their lifetime.** Personal or psychological counseling offers you the opportunity to talk about social, emotional, or behavioral problems that are either causing you distress or interfering with your functioning.

Counselors are trained professionals who can respond to your concerns in an objective and non-judgmental manner. The counseling relationship is unique and provides a supportive environment that allows you to talk openly with someone who's neutral and empathetic. **You and your counselor will work together to identify and change the thought and behavior patterns that are keeping you from feeling your best.**



Some of the most common problems that people seek help for include:

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- Difficulty concentrating or completing tasks
 - Family, relationship, or work problems
 - Procrastination and other self-defeating behaviors/habits
 - Issues of grief and loss
 - Difficulty managing stress
 - Coping with traumatic events
 - Domestic violence
 - Sexual assault
 - Depression or lack of motivation
 - Anxiety or acute panic attacks
 - Problems with alcohol or other drugs
 - Issues with eating behavior and/or body image
 - Problems with anger
 - Sexual concerns
 - Compulsive behaviors



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