

TIPS:

WHAT WE WISH WE KNEW ABOUT COUNSELLING

- the first counsellor you try may not be the right one for you
- it can be hard and stressful to find the right one for you
- the right counsellor can be an incredible support, and
- other supports can help, too

WHAT MIGHT A COUNSELLOR ASK?

- what brought you in to see them?
- what was your childhood like?
- what you hope to get from counselling
- NOTE: if you feel nervous, write this all out beforehand. It is ok if you respond, "I don't know." A good counsellor will make you feel safe by asking you questions and listening to your experiences, your body language, and your needs.

WHAT CAN A COUNSELLOR HELP WITH?

- understand and manage triggers
- process past trauma
- understand and create healthy boundaries
- cope with daily stress

TIPS ON WHAT TO LOOK FOR AND ASK

Remember, the counsellor is there to support you, so they need to be the right fit for YOU and your needs. For example:

- do they have experience with addictions, attachment issues, and intergenerational trauma?
- Does how they speak with you make you feel comfortable and safe?

BARRIERS TO COUNSELLING

- cost: it can be very expensive to see a counselor (up to \$200 per hour)
- waitlist: free resources often have a waitlist (but can be worth the wait!). Talk to a doctor or counsellor about free resources in your community.
- stigma: you have the courage to overcome it and seek help.