Good reasons to go to therapy

Therapy is a time-tested tool that helps people with a variety of issues including stress, anxiety, relationship problems, grief, trauma, substance abuse and self-exploration. There are many misconceptions about what it means to talk to a counselor and the stigma associated with it is often the reason people don’t seek help in the first place. However, therapy can help people manage issues, develop coping skills and learn how to improve themselves.

When life presents you with problems that you’re having difficulty resolving on your own, take advantage of the counseling sessions offered by your program. Therapy is not just for mental health issues, it can help you with support, education, guidance, learning about yourself and provide you with the resources to learn and practice new ways of coping.

Common reasons people seek therapy:
- To work on marriage issues
- To cope with a big life transition
- To develop better parenting skills
- To manage mood swings
- To improve career prospects
- To process grief
- To become more assertive
- To mitigate harmful thoughts
- To process trauma
- To gain a deeper understanding of themself

Struggling alone and doing nothing is never the answer. There’s no need to feel anxious or guilty about seeking help. Your program provides assistance in a convenient, confidential, safe and non-judgmental environment.

“A journey of a thousand miles begins with a single step.”
– Lao Tzu

How it works
- No cost to you and your household members
- Confidential and provided by a third party
- Meet with a counselor face-to-face or by video conference (available for participating providers)

Call your program today
Counseling sessions are part of your program. Give us a call to get started.

The UNIVERSITY of OKLAHOMA

Employee Assistance Program
1-800-327-5043