



NEED TO KNOW SERIES

Counseling 101



Being a young person is hard work; not to mention the added stress of keeping up with friends, family, social media, school, work, dealing with difficult people, and other things that can impact your day-to-day functioning. Counseling can be helpful for coping with daily stress and is good for your mind and body. It's important to take advantage of the counseling services made available to you, both in and out of care. Here's some information to get started.

Section 1

[What is counseling?](#)

There are many different resources that may help you take care of your mental health. Counseling can look different for everyone!

Section 2

[How do I get started with counseling?](#) [Where do I find resources?](#)

There are many ways to access counseling and to pay for it.

Section 3

[What should I expect from my counseling session?](#)

Your counseling session can look different depending on your needs.

Section 4

[What if counseling isn't going well?](#)

If counseling isn't working for you, that is okay! It might take some time to find the right counselor.

U.S. National Suicide Prevention Lifeline: 1-800-724-TALK (8255)

Crisis Text Line is an anonymous texting service available 24/7. Starting a conversation is easy. Text GOT5 to 741741 or Got5U to 741741 if you're a college student.
