

Why & When Therapy – Tips for Seeking Additional Support

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Therapy can be a good option even if you don't have a diagnosed mental health condition. From trying to "tough" it out, to being afraid to open "Pandora's box," to believing that just talking to someone can't possibly help, to make-believe our problems are minimal compared to others, therapy is often put off; however, it is time to seek therapy if you have one or more issues causing you distress and interfering with your daily life.

Individuals with untreated mental health conditions have a higher risk of:

- trouble keeping relationships
- finding it difficult to care for yourself or others
- tough time at work or school
- experiencing an increase in health issues and/or hospitalization
- suicide

Barriers:

- Stigma surrounding therapy
- Fear of looking weak
- Fear of change
- Therapy is too expensive and time-consuming
- Family resistance toward therapy
- Therapy is hard work
- My friends are my therapists
- Will our discussions be confidential?

Benefits:

- Confidentiality
- Comfort
- Healthy coping mechanisms
- Overcoming trauma
- Healthier relationships

When To Seek Treatment:

1. You're super overwhelmed
2. You're sleeping too much or too little
3. You're avoiding being social or can't keep relationships
4. Your anxious thoughts consume you
5. You can't control your emotions
6. You don't care about anything
7. You feel hopeless
8. You're having problems at work
9. You're eating more or less than usual
10. You've experienced a recent trauma
11. You're grieving
12. You're using substances as a way to cope
13. You're engaging in secretive behavior
14. You're ready for a big change or transition

Wedgwood Christian Services is here to help. Contact us at 616-942-7294 or go to our website at www.wedgwood.org and explore our tip sheets to begin building your toolbox. Don't forget, you matter, as does your mental health.