

Why seek counseling?

Counseling makes sense when you are having trouble coping with any situation or personal problem. It offers emotional support, new perspectives, and help in considering possible solutions.

So if you just want someone to talk to, are having a lot of changes (good or not so good), are in distress, or feel overwhelmed by a concern, or find that you keep repeating the same mistakes, then you might consider seeking counseling.

912 356 2285
912 356 2202



Counseling
Services

Jacqueline Awe
awej@savannahstate.edu
King Frazier Building. Room 233
Monday - Friday
8:00am to 6:00pm

Campus Police—912 356 2186
Student Health Center
(912) 6914515
Georgia Crisis and Access Line
1800 715 4225

(toll free call for connection to
any helping service in Georgia)

Help seeking Myths!



MYTH 1: Counseling is for 'crazy' people .

REALITY: While some individuals who seek counseling services may have serious problems, it is also recommended for any life challenge and adjustment issues that a person may face.



MYTH 2: Seeking help is a sign of weakness

REALITY: Weakness is actually the feeling that you can have when you are overwhelmed and are not getting help. It takes courage and strength to be able to get the help that you need.



MYTH 3: The counselor will give me the answers to my problems.

REALITY: The role of the counselor is not to 'tell' you what to do, but rather, to present informed choices, direct you to resources, supply you with information that you may not readily have and support you in understanding how to meet your needs.

MYTH 4: If I go for counseling all my professors will know my problems.



REALITY: Counseling is confidential. Counselors should not release information about a student without that student's written permission, except in the case of imminent danger to self or others, court order, or where otherwise required by law. Notations of counseling are not a part of a student's College record.



MYTH 5: *S/He is the one who needs counseling. Not me!*

REALITY: No man is an island. All of us need someone to help us achieve our goals. Admitting that you need help is the first step to getting help!



MYTH 6: *If you ask for advice and help you might be rejected.*

REALITY: *A good counselor would not reject someone who is genuinely in need. If your counselor does, then you need to find another helping professional.*



MYTH 7: *The counselor cannot understand me unless s/he has had similar experiences or is of the same background.*

REALITY: *Counselors are trained to provide a service that will help anyone with their social functioning; and would use those skills and techniques to support you to feeling better.*

MYTH 8: *Counseling doesn't work. I've tried it already.*

REALITY: Some people don't succeed at counseling at first because of a number of reasons: fearful of change, unwilling to deal with their issue, not the right counselor, only presented surface problems, want others to fix them and do the healing work, and possibly don't present the true problem, but only surface problems when they go for help, but it will work if you give it your all -because HELP is



HELP!

is **NOT** a bad



letter word!

COUNSELING SERVICES