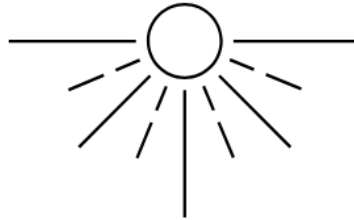




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

Do I need therapy?

Notice what is getting harder and decide on a first step.



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LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Have you been telling yourself, "Other people have it worse"? You do not have to win a contest of suffering to ask for support. Let's look at what life feels like for you right now.

1 Look at daily life

Notice changes in sleep, focus, mood, relationships, and your ability to do everyday tasks. Pay attention to how strong they feel, how long they last, and whether they are getting worse. A conversation with a qualified professional can help you sort out what is happening.

2 You do not need the perfect explanation

You can begin with "I do not feel like myself" or "I keep getting stuck in the same pattern." Therapy can also help you work through grief, decisions, and relationship strain. You do not need to diagnose yourself first.

Research & perspective

National Institute of Mental Health recommends professional help when symptoms are severe or interfere with daily life. Its guidance is a starting point, not a score that decides whether you deserve care. Seek urgent help for an immediate safety concern.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What feels harder than it used to?

2 What have I tried, and what happened?

3 What would I like to be different in an ordinary day?

Optional faith reflection

What have I been taught about asking for help? Which beliefs make room for care?

One next step

Write two sentences about what you are noticing. Use them when you contact a therapist or primary care clinician. You do not have to tell your whole story in the first message.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ Do you work with concerns like mine?
- ☐ Would an assessment or a medical check be helpful?
- ☐ What might the first few appointments involve?

Listen with curiosity

[Episode 1 - Meet Diana and the purpose behind the podcast.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Institute of Mental Health: Do I need help?](#)

[National Institute of Mental Health: Understanding psychotherapy](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

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