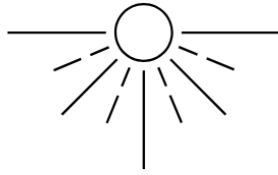


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Do I Need Therapy?

A thoughtful first step toward getting support.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

A PLACE TO BEGIN

Begin where you are.

Maybe you have been wondering whether what you are experiencing is reason enough to reach out. What is happening in your life matters. This guide can help you put it into words and consider the support you would like.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 1

Diana's journey and the questions behind the podcast

Meet Diana and the purpose behind the podcast.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

A PLACE TO BEGIN

Understanding the topic

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.

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 and perspective

NIMH describes how the duration, intensity, and effect of symptoms on daily life can help inform a conversation about care. Its guidance can help you decide what to share with a professional. Immediate safety concerns need urgent support.

What would I even say in a first appointment?

You can start with a recent change, something that keeps happening, or a question you cannot settle on your own. “I have been feeling __, and it is affecting __” gives a clinician a place to begin. You can also ask how a first appointment works before booking.

A PLACE TO BEGIN

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

What feels harder than it used to?

What have I tried, and what happened?

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

Questions for a conversation

Do you work with concerns like mine?

Would an assessment or a medical check be helpful?

What might the first few appointments involve?

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.

A PLACE TO BEGIN

Keep learning. Find support.

OPTIONAL FAITH REFLECTION

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

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

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

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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For the most comfortable reading on a phone, use the website version.

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