

# When To Seek Counseling

Many people suffer from the pressure and stress. And sometimes the anxiety is so great that it becomes difficult to cope. This is when receiving help should be considered. Seeing a counselor is a step in the right direction. It is an action which can help you lead a happier, more fulfilling life. Here are several clues that might indicate you should seek professional help.

## **Eating Disorders**

Although eating disorders mostly affect young women, men are not immune. Self-starvation and bingeing and purging, known respectively as anorexia and bulimia, are two of the most common disorders. If taken too far, they can actually be fatal. On the other side, overeating is equally harmful and should be dealt with properly. See a counselor immediately if you think you need help.

## **Relationships Problems**

You may have been struggling with a relationship for some time and don't believe anything can be done to rescue it. You may be able to solve these problems on your own, but through counseling or therapy, the relationship may be restored.

## **Mental Illness**

It may be a surprise that mental illness is common. In fact, twenty percent of people in the last six months have suffered from some form of depression or mental illness. The problem is often depression, but other problems, such as obsessive-compulsive disorder and panic attacks, are also common. These can be debilitating if left untreated. Fortunately, they can often be resolved through professional help.

## **Alcohol Abuse**

It can become easy to justify alcohol abuse. After all, you may tell yourself, everybody drinks occasionally and it makes my worries more bearable. Real problems start when drinking begins to hurt yourself or those around you or you can't control how much you drink. There are several places to get help. Whether it is an Alcoholics Anonymous meeting, a church counselor or a therapist, you can get the support you need to overcome the addiction. Reaching out to a counselor can be hard to do. But even admitting you may need to can be a giant step in the right direction. The benefits of seeking support can be very rewarding.