

Counseling Services

Why counseling matters

It is normal to feel sad or stressed, or to have hard times. Sometimes these feelings affect our daily life, and we need help dealing with them. If you need help, Central Health counselors are here to support you and your mental health.

Counselors can help you with many different things, including:

- Life changes or challenges.
- Concerns about alcohol or drugs.
- Stress or other things that make you feel worried.

Your counselor can help you understand your experiences, learn new skills, and reach your goals for your life and mental health.

What to expect in counseling

- Your counselor is not here to tell you what to do. They will listen, ask questions, and help you set goals for your life and mental health. Together, you will make a care plan to reach those goals. You can change your plan anytime by talking with your counselor.
- Your counselor will ask personal questions to learn about you and how to help. Sharing those details may be hard at first. You can tell your counselor that you are not ready to talk about certain things.
- Counselors must keep most information you share with them private, unless you or someone else may be at risk of being hurt. You can ask your counselor or read the Counseling Services Informed Consent Form to learn more.
- Your appointments will last about an hour.



To learn more about our services, schedule an appointment, or get help with transportation to an appointment, call 512.978.8130.

Dial or text 988 for 24/7 crisis support if you are having a mental health or substance use crisis.