



What's the first thing that comes to our mind when we think of counseling? Probably an old, wise and bespectacled looking counselor sitting cross legged, asking questions in monotone while we are seated on a couch, narrating our responses, right?

Or maybe, thoughts like, "Only people with mental health issues go for counseling"? Well, it's 2021 and counseling still remains a veiled and stigmatized concept in our country.

According to a National Mental Health 2015-16 survey, up to **83%** Indians who're in need of professional support, still hesitate to seek counseling.

So what's the truth? What's counseling really all about? Let's find out by busting 4 common myths about it -



It is only for people with 'mental illness'

If one doesn't have a mental illness doesn't mean they must deal with everything without any help. We're not always the best equipped to handle every situation that we encounter. Counseling can help us cope with everyday stress, improve relationships and broaden perspective.

It is only for the 'emotionally damaged'

Things may not be perfectly fine but that doesn't mean

we're damaged goods. Our problems, big or small, are valid but do not mean the end of the world. We can always seek guidance for the same and heal. Counseling is like a tool, an option that helps us explore ourselves and learn to lead a better life.



It is only for the 'weak'

Asking for help is not a sign of weakness. It just means that you're taking action. Infact, knowing when to ask for help is actually a sign of strength and self-awareness. You might be healthy and still want to sustain it or achieve your peak mental fitness. That's what counseling can help you with.



Counseling is 'endless'

Do we visit a doctor every week or just when we encounter a physical ailment? We will only visit a doctor when the problem occurs and persists, right? Similarly, counseling is not an eternal process. You would have to seek help till you're well equipped to go on without any further support.



Honestly, counseling is more of a lifestyle choice. It's sharing your concerns with someone who's highly trained and qualified, and helps you become the best version of yourself.

What do you think? Could counseling be for you? Still got questions? Why don't you get in touch with a professional and find out?

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In case of any queries/concerns, please feel free to write to us campus@yourdost.com.

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