

5 Signs Telling you it's Time to Seek a Therapist

1. You've suffered trauma that you constantly replay.

2. You're using substances to help you cope.

3. Feelings of sadness or anxiousness that's unexplainable.

4. You're isolating more than usual or experiencing more relationship issues.

5. Physical complaints that have been ruled out as a medical issue.

5 Reasons why you Should Talk to a Therapist

1. Learn new tools to help you cope in a healthier way.

2. Learn how to love yourself and increase self-esteem.

3. You'll be in a safe environment and heard by a trained unbiased professional.

4. You'll be able to examine your thoughts, dissect problems, and learn how to solve them.

5. It can help you find your purpose in life.

5 Ways to Help Eliminate Mental Health Stigma

1. Educate yourself and other people.

2. Don't use labels and be conscious of your language.

3. Become an advocate within your community.

4. Show compassion, be supportive, and respectful towards those with mental health conditions.

5. Don't let the stigma keep you from getting help. Seek treatment if needed.