

Facts About Therapy and Getting the Help that I Need

Therapy – How can it help me?

Psychotherapy is a collaborative relationship between you and a therapist. Therapists should provide an objective, neutral and non judgmental venue for exploring any concerns you may have whether it be relationships issues, mental health related concerns, grief and loss or traumatic experiences. Therapy can help provide you with skills to better cope with difficult situations as well as explore thought patterns that may be contributing to your difficulties.

When should I seek out therapy?

- When worry or mood issues are interfering with your relationships or daily functioning such attending work or school
- When you are feeling stuck and are in need of strategies to get unstuck
- When the strategies or ways of coping you have been trying are no longer working for you
- When you have experienced a negative life event and are struggling to manage it such as a death, separation, traumatic event, etc.
- Anytime you want! Therapy is not just something you access when you are not doing well

How do I choose a therapist?

Finding a good fit is an important part of the therapy process. Don't be afraid to "interview" potential therapists. Most therapists offer a brief consultation at no cost so that you can ask any questions you may have and determine if it is a fit for you. Do your research. Find a therapist that has skills that meet your needs. Not all therapists are skilled at all things. You wouldn't see a Cardiologist for your diabetes – same goes for therapy. Read their profiles and come prepared with questions so that if you tend to get anxious you are well prepared. If that therapist is not a fit find another. You are sharing personal details of your life with this person. It is ok to be choosy!

What type of therapy is right for me?

There are many different types of therapy. While there are certain therapeutic approaches that work better for certain types of concerns, it is also about an approach that fits for you. Some types of therapy are skill based and more concrete. They often involve homework or practicing in between sessions. Others are more insight oriented and are more talk therapy based. Do your research and ask around. Certain therapists specialize in different types of therapies. Remember not all therapists are skilled at all types of therapeutic approaches. Find the therapist and the therapy that is right for you.

I tried therapy before and it didn't help

Many people try therapy at one time or another in their life. Some find it helpful and others not so much. Keep in mind that as we grown and change in life, what may not have worked for us at one time might now be helpful. As

well, there are many different therapists and therapy approaches out there. Just because one wasn't helpful doesn't mean they will all be unhelpful. Seek out a new therapist and let them know what was not helpful the last time you tried therapy. A good therapist will be up front with you about their style and approach and will let you know if they think they will be a good fit for you. As well, they should be open to feedback. If not, find another who is and who meets your needs.

Therapy is too expensive – what can I do?

CLGW offers 6 free sessions through **Employee Assistance Program (EAP)**. A lot can be done in 6 sessions, especially if you have clear goals and are ready to put in the effort to work towards these goals. HR, your manager or supervisor can help you get connected if you are unsure how to do so. Did you know: our EAP provider works closely with interpreters if you would prefer to access services in another language.

If your doctor is part of a **Family Health** team you may have access to a therapist at no cost. These therapists provide short term solution focused therapy. Many also offer various groups on topics such as mindfulness, anxiety and mood. Contact your family Dr. to get connected.

Groups are another way to access ongoing support that may be more cost effective for you. There are many different groups out there depending on your need. Ask your therapist to help you find a group that is right for you or do some research to see what your community has to offer. With many groups being virtual, it opens up so many more options to you.

Self Help and Peer Support through Canadian Mental Health Association

They offer various peer led groups at no cost on topics such as addiction, anxiety, depression and resilience.

Email: selfhelpgroup@cmhaww.ca for more information or to register

Distress line

The Distress line is available 7 days a week from 8 am to 10 pm. There is no cost and it is completely confidential. Trained volunteers can offer an empathetic ear when you are feeling alone, stressed or overwhelmed.

The numbers are: **1 888 821 3760** or **1 519 821 3760**

LGBTQ+ Support Line

Trained volunteers provide free and confidential access to support and referrals to community resources as well as an inclusive space to talk.

The number is: **226 667 3760**

Crisis lines

Here247 is a free crisis line operating 7 days a week, 24 hours a day, 365 days a year. The staff can connect you to needed mental health and addiction services, help de escalate a situation, provide skills in the moment as well as empathy and non judgment.

The number is: **1 844 437 3247** or **1 844 HERE247**

Southwest Ontario Aboriginal Health Access Centre (SOAHAC)

Offering culturally safe, holistic care. Call 226 476-3672 to get connected.

Hope for Wellness Helpline

Distress line through the SOAHAC.

You can access it via phone at 1 855 242-3310 or via online chat at hopeforwellness.ca

We encourage you to check out our Resources tab on our Mental Health page for free self-help resources.