

# Mental Notes

A Monthly Newsletter

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## National Counseling Awareness Month!

by Dot Fransson

April is National Counseling Awareness Month, a great time to think about the purpose and benefits of counseling. Whether you are feeling depressed, anxious, unable to figure out which career to choose, or having trouble with your partner, counseling is a way to deal with your problems. It is important to know that you do not have to deal with your problems on your own; counselors are trained to be available in your time of need.

### What do counselors do?

Professional mental health counselors have one of a number of masters or doctoral degrees, including social work, psychology, and

counseling. Regardless of the degree attained, counselors utilize an abundance of knowledge about people and relationships to understand and help people with their problems. While counselors cannot solve every problem and are not around to hand out advice, they can be instrumental in helping you understand your emotions and work with you on setting and reaching goals.

### What will people think?

Although the stigma of seeking mental health services has gone down, many people remain nervous about seeking help with personal problems. People don't seek help for a variety of reasons: not knowing that there is a place to go for these problems, not knowing where to go, being afraid that they will be made fun of, feeling nervous about sharing their problems, or afraid they will be labeled as "crazy."

### What about confidentiality?

Counselors work to create safe environments for clients and maintain strict confidentiality (with a few exceptions for safety reasons). In fact, the main tenets of social workers---one of many pro-

fessions providing counseling---are service, social justice, the dignity and worth of the person, the importance of human relationships, integrity and competence. Unconditional positive regard is something at the heart of counseling work.

### What does UNO Counseling Services offer?

The UNO Counseling Services staff is here to help you. Strict confidentiality is maintained with all of our clients. While our focus is on short-term therapy and career counseling, we are also available to help you find the help you need if we are not the best fit for your concerns. Counseling is available for all UNO Students for both personal and career concerns.

### SPRING WORKSHOPS

- Public Speaking  
March 28 12:30 PM
- Relationships  
April 12 12:30 PM
- Career Planning  
April 25 12:30 PM

*\*All workshops are held in Kirschman Hall Room 301.*

### COUPLES COUNSELING



UNO Counseling Services offers couples counseling and can help you achieve a more satisfying relationship. Call 504-280-6683 for an appointment.