FREEDOM WELLNESS

Counselling



Many people have preconceived ideas about counselling but many people have successfully received assistance from a counsellor at some point in their lives. Even with support from family and friends, it can sometimes be helpful to talk with an independent counsellor who can help you work out what's right for you.

Here are some of the common myths surrounding counselling:

Myth: Counselling is only for people with serious mental health issues.

Reality: Not true! Some people access counselling when simply struggling with a specific situation or problem in their life. Others use it as a means of personal or professional development.

Myth: Only weak people seek counselling.

Reality: Sometimes life throws you challenges which you can find difficult to manage on your own. It takes strength and self-awareness to recognise there is something which you could benefit from addressing in counselling.

Myth: Counselling is only for serious problems.

Reality: Most people who access counselling through their Freedom Wellness do so for assistance with everyday issues such as stress, anxiety, or work-life balance.

Myth: How can a stranger possibly help?

Reality: Discussing your concerns with a counsellor offers unbiased insight and support, allowing you to speak openly without fear of judgement. This can help you make informed decisions with a fresh perspective.

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Myth: Counsellors just sit there and never say anything.

Reality: This is a stereotype of counselling and is far from reality. Freedom Wellness counsellors are proactive and engaged in a two-way counselling process, to help you focus on what you want to achieve.

Myth: Counselling just goes on and on.

Reality: Freedom Wellness counselling is short-term and goal-focused, helping you discuss problems, set goals, and develop strategies. Sessions are 50 minutes weekly (up to five sessions per topic, with unlimited topics).

Myth: Everyone at work will know I'm seeing a counsellor.

Reality: Only you will know you're seeing a counsellor. Your workplace won't know unless you tell them. Counsellors follow strict confidentiality guidelines, which will be explained when you contact the service.

Myth: A counsellor will fix my problems for me.

Reality: A counsellor helps you navigate challenges by listening, guiding, and supporting you. They help you use your own resources and learn new ones, empowering you to make better decisions and feel more in control.

Myth: I've tried counselling before and it doesn't work.

Reality: There may be reasons for your doubts, but being open to counselling can lead to a more positive experience. Sometimes, the fit between a person and a counsellor isn't right, which is why we assess your needs from the start.

If you think counselling might be helpful you can contact Freedom Wellness, free and in confidence, by phone, email or online, 24 hours a day, 365 days a year.

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