

8/84

8) COUNSELING

NO KILL DATE

:60 PSA

FINDING A COUNSELOR TO HELP WITH FAMILY OR PERSONAL PROBLEMS IS WISE, WHEN YOU CAN'T FIND A SOLUTION YOURSELF. DR. JOHN ALTROCCHI OF THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE SAYS THE FIRST STEP IS DEFINE WHAT KIND OF HELP YOU NEED:

.19 "Help for children, help for substance abuse and help for marriages..... friends who are in professions or who have had therapy themselves and get a series of recommendations from them."

A SECOND WAY IS TO PHONE A HELPING AGENCY, SUCH AS A MENTAL HEALTHCENTER. YOU CAN ALSO LOOK IN THE YELLOW PAGES, CALL SEVERAL THERAPISTS, DESCRIBE THE PROBLEM AND ASK FOR REFERRAL.

.16 "Then it's perfectly appropriate to call the person and ask him..... If that all satisfies you, there's still one more thing. It's got to be someone you can get along with."

THIS IS HEALTHLINE, FROM THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE.