



**SUMMER 2021**

## HOW TO KNOW WHEN IT IS TIME TO SEE A COUNSELOR

It can be difficult to know when it is time to seek out some counseling. Many of us focus on trying to take care of our issues by ourselves, or pushing aside the things that cause us great discomfort. There are some things to consider when deciding if it is time to reach out for some professional support.

- 1. DEPRESSION AND/OR ANXIETY:** Both depression and anxiety are very real for the person experiencing them. Talking with a counselor about your thoughts and emotions can help to impact positive change with depression and anxiety. Reach out if you, or someone you love, is experiencing depression or anxiety. Talking with a counselor may provide the avenue for change and healing.
- 2. FEELING OVERWHELMED, STRESSED OR FATIGUED:** Over a period of time, unresolved stress can lead to feeling overwhelmed and fatigued. Many individuals will say to themselves or others, "I feel burned out," when their cup is running over. There are many ways to help resolve these feelings and make positive changes to influence success. Talking with a counselor can help navigate this issue.
- 3. FAMILY AND RELATIONSHIP ISSUES:** Families come in all shapes and sizes. It is not uncommon for families to deal with drama, conflict, grudges and emotional distancing. Toxic behaviors in the family dynamic can lead to added stress in some cases. Mental health concerns, divorce and extended family issues can all negatively impact family members. It is ok to reach out for guidance and counseling when family issues are difficult. Relationship issues of any kind; friendships, partners and marital may benefit from counseling as well.
- 4. OVERUSING/ABUSING ALCOHOL OR DRUGS:** Using alcohol or drugs in excess can lead to addiction issues. Abusing alcohol or drugs negatively influences families, jobs, relationships, parenting abilities and financial responsibilities. Signs may include: lack of control, withdrawing from family and friends, impulsive decisions while under the influence, episodes of binge drinking or using and changes to one's personality. Other addictions may include gambling, sex, shopping and more. Counseling, and possibly treatment, can help someone lead a healthier life and make better decisions for their future.
- 5. FEELING STUCK, ANGRY, SAD OR HURT:** The intense emotions we all feel at times can become buried or ignored. We may pretend we are doing well, but inside we feel angry, hurt, betrayed, sad, unappreciated or forgotten. When our emotions become trapped, it is hard to release what we feel and move forward. Talking with a counselor can provide a space to release those feelings, while finding healthy ways to cope.
- 6. THOUGHTS OF SELF-HARM OR SUICIDE:** Thoughts and feelings regarding self-harm or suicide should be taken seriously. Individuals may be experiencing stress, depression, loss, uncertainty, underlying vulnerabilities and feeling overwhelmed. A counselor will be open to listening, providing professional guidance and connection to additional resources. Counselors can provide non-judgmental care and understanding. Counselors can provide a fresh perspective in helping a person achieve change and find healing.

At times, there are misconceptions and stigma surrounding counseling. Perhaps people think someone is weak or crazy for talking to a counselor. People may believe that individuals can never really change and counseling is a waste of time. Those misconceptions are far from the truth. In the end, each of us has to decide what is best for us, for our relationships, for our families and for our daily life. It is truly ok to talk with a counselor. You might discover that change is possible and a new path awaits you.

If you or a family member feel the need to talk to a counselor, please reach out to your EAP. KeySolutions is here for you to provide support and understanding in a professional and confidential manner.

*Article by Beth Hall, EAP Counselor at KeySolutions Employee Assistance Program-2021*

CALL US AT 605.334.5850 OR 888.450.7844

# 10 EXCELLENT ONLINE RESOURCES FOR EMPLOYERS AND EMPLOYEES

- [www.PositivtyBlog.com](http://www.PositivtyBlog.com) : All kinds of great tools, tips and motivation for life.
- [www.WorkplaceMentalHealth.org/Employer-Resources](http://www.WorkplaceMentalHealth.org/Employer-Resources) : Excellent resource for employers.
- [www.RightDirectionForMe.com](http://www.RightDirectionForMe.com) : Great website helping to raise awareness about depression.
- [www.NSC.org/Workplace/Safety-Topics/Safer/Mental-Health-and-Wellbeing](http://www.NSC.org/Workplace/Safety-Topics/Safer/Mental-Health-and-Wellbeing) :  
Visit the National Safety Council website for great information.
- [www.ActionForHappiness.org](http://www.ActionForHappiness.org) : Stay wise. Stay kind. New ideas and happy content.
- [www.HelplineCenter.org/2-1-1-Community-Resources](http://www.HelplineCenter.org/2-1-1-Community-Resources) : Local and National resources.
- [www.MentalHealth.gov](http://www.MentalHealth.gov) : Mental health information and guidance.
- [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org) : National Suicide Prevention Lifeline-National Network.
- [www.Parent.com](http://www.Parent.com) : Inspiration, ideas and wellbeing conversations for parents.
- [www.NIMH.nih.gov/index.shtml](http://www.NIMH.nih.gov/index.shtml) : NIH-National Institute of Mental Health resources.

## SUMMER SPOTLIGHT

### JULY IS CELL PHONE COURTESY MONTH

In 2002, Jacqueline Whitmore created National Cell Phone Courtesy Month. Jacqueline is an International Etiquette Expert. The idea behind the creation, is to help us all evaluate our cell phone habits and how they might be impacting our lives. Here are a few tips to remember:

1. Focus on the person in front of you. Place your phone away so you can give full attention to the conversation and the person.
2. Place your phone out of sight in a meeting. If you place it on the table next to you, others may think your time and attention is divided.
3. Silent your phone at work. It is the respectful thing to do.
4. If you need to make a personal call at work, step away from others. No one wants to hear you argue with your partner or talk to the kids about what's for dinner.
5. Don't text and drive. Enough said on this one.
6. Remember your children are watching you stare at your phone. Pay attention to what is important at the moment. Children learn what they live.
7. It is ok to take a break from your phone. Time away from phones and other electronics can be very relaxing.

*Jan Makela is an executive coach, highly sought-after speaker and best-selling author of "Cracking the Code to Success" and "Be the Manager People Won't Leave."*

## HOW KEYSOLUTIONS WORKS FOR YOU...

**COUNSELING SERVICES:** KeySolutions is here to **help you** and your family with any of **life's challenges**. During your appointment, you will meet with one of our experienced professionals and together decide on a **plan of action**.

**FREE AND CONFIDENTIAL:** Employee Assistance Program (EAP) services are offered at **no charge** to **all employees** or their immediate family members. All services will remain **confidential**. You **do not** need to be enrolled in your employer's insurance to utilize this benefit.

**ANYWHERE YOU LIVE:** The Employee Assistance Program is available to you wherever you live. We have a network of counselors ready to serve you. Please call KeySolutions first and we will inform you of those counselors.

**CONTACT US:** You can visit us at [www.keysolutionseap.com](http://www.keysolutionseap.com), or email us at [info@keysolutionseap.com](mailto:info@keysolutionseap.com).

Call us at 605.334.5850 or toll-free at 888.450.7844.