

BUSTING MYTHS ABOUT COUNSELLING

On January 24, the Bell Let's Talk Day awareness campaign creates a global conversation about mental health to help reduce stigma around mental health and promote mental health awareness.

Year round, Family and Community Support Services (FCSS) Counsellors are available to provide free counselling support for residents. However, there may be some misconceptions about FCSS counselling services that prevent residents from reaching out. Here are just a few that have been debunked:

- 1) **MYTH:** It's too difficult to connect with a FCSS counsellor as I have a very busy schedule.
FACT: FCSS offers free, short term, and goal-based counselling services that can fit any schedule. We offer in-person, video, or phone counselling options, and there is currently no wait time to access counselling in the area.
- 2) **MYTH:** I have experienced a death in the family and there's no way someone can know what I'm going through.
FACT: All of our FCSS Counsellors are equipped with the tools and skills to help you process your emotions around grief and loss.
- 3) **MYTH:** My friends or family will find out that I am getting counselling.
FACT: Your appointment is completely confidential. Your counsellor or any FCSS staff member will never share that you are accessing services. If you are concerned about going to the FCSS office in your community, you are welcome to attend counselling in one of the other municipalities that offer counselling services or access counselling online or over the phone.
- 4) **MYTH:** I'm not depressed or anxious enough to access counselling.
FACT: You are welcome to access counselling regardless of how you're feeling or if you have a mental health diagnosis. Everyone's ability to cope with the stressors of life is different and talking to someone can help you get perspective.
- 5) **MYTH:** My income level is high. I'm not allowed to access this free service.
FACT: Everyone who lives in the FCSS service area (ages 10+) can access counselling, regardless of income. Accessing this free service can be a great way to try counselling and see if it's a good fit for you.
- 6) **MYTH:** FCSS only offers one-on-one counselling.
FACT: FCSS offers family, couples, and individual counselling. FCSS also offers group programs when relevant.

For more information about FCSS Counselling Services or to book an appointment, please visit our website at www.fcss.ca or contact the Counselling Intake Supervisor at (587) 370-3728.

Visit www.fcss.ca for more information.

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