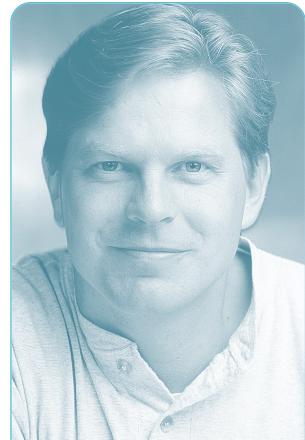


It's Okay to Ask for Help

Many people do not use mental health services because of the “stigma” of having an “emotional” problem. Society tends to view mental health issues differently from medical ones. When someone breaks a leg, has chest pains, or needs to get a prescription, they’ll see a doctor. However, when they have depression, excessive fears, or a problem with alcohol, they may be embarrassed to seek help. Many people view these problems as “weaknesses” they should handle on their own. Unfortunately, this view prevents them from getting professional help that may treat their problems with success.

To recognize an emotional problem and receive help is not at all a sign of weakness. It is a sign of strength. Also, taking part in your company’s Employee Assistance Program (EAP) or seeing a therapist at a mental health clinic or student counseling center is completely confidential. No information will be released without your permission except in situations involving child or elder abuse, or suicidal or homicidal intent.



Seeking help is a sign of strength, not weakness.