

## Common Myths About Counselling

**MYTH:** People will think I'm crazy if I go for counselling.

**FACT:** Counselling is for all people who need support.

**MYTH:** Others will think differently about me.

**FACT:** Counselling is becoming more accepted every day.

**MYTH:** This will go on my school record.

**FACT:** Your contact with Counselling Services is kept in a file that is available to only you and counselling staff. Professors and parents cannot receive any information without your permission.

**MYTH:** People will think I am weak.

**FACT:** Counselling is a sign of strength – you are working towards goals and being the person you want to be. Most people benefit from counselling and leave feeling stronger.

## Types of Support Available

**Personal Counselling**  
**Performance Coaching**  
**Group Counselling**  
**Information Provision**

## Confidentiality

Everything you tell us is confidential, within our office, unless you provide a signed consent to release your information. This includes family friends and faculty. The only time we will release information is on rare occasions when we are responsible, by law, to report to a third party.

No one will know that you are attending counselling unless you choose to tell them. You are in control of your involvement—you can stop the process at any point. Attend an intake appointment and if it is not a good fit, you decide if you want to return. We welcome your feedback so we can grow and change also.

### Counselling Services

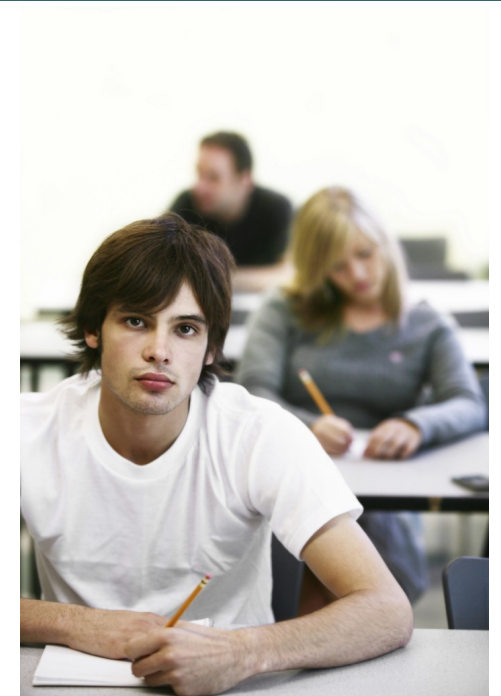
Wilfrid Laurier University

519-884-0710 ext. 2338

[www.mylaurier.ca/counselling](http://www.mylaurier.ca/counselling)

## How Do I Know THAT I NEED HELP?

### WLU Counselling Services



**FOR FURTHER INFORMATION  
PLEASE CONTACT:**

### Counselling Services

**Student Services Building**  
(Across the hall from Health Services and  
upstairs from the Main Dining Hall)

## Counselling Services

### Top Ten Reasons for Attending Counselling

1. problems dealing with emotions
2. anxious mood
3. relationships
4. depressive mood
5. issue specific to situation
6. academic issues
7. family relationships
8. social issues
9. motivation/procrastination
10. self-esteem

#### Feedback From Previous Clients:

*"I really enjoyed my session, it allowed me to place things in perspective."*

*"Very helpful and I felt comfortable. Also I think that I made the right choice coming."*

*"Laurier Counselling has been extremely helpful so far, more than I expected from just talking to someone."*

*"Counsellor not only heard my issues but made me focus on a goal in order to deal with my problem step by step."*



**We will work in collaboration with you to help you achieve your goals.**

### Benefits

Counselling may provide you with many benefits including the opportunity to: live your life in a way that is more satisfying; feel more comfortable in relationships with your partner, roommate, family, friends, and yourself; increase academic success through self-awareness; and, realize a reduction in stress allowing you to more fully concentrate on your studies.

### You May Benefit From Counselling If...

- you have talked to friends and/or family and have not felt any relief
- your problem is affecting the rest of your life
- you are thinking of hurting yourself or someone else
- you are behaving in ways you don't like or can't control
- you wonder if things will ever get better
- you are not feeling any relief from your sadness, stress or worry

The fact that you are reading this pamphlet may mean you are considering counselling. If any of the information in this pamphlet applies to you, please contact Counselling Services and schedule an intake appointment so that we can connect you with the most appropriate person to assist you in achieving your goals.

**Please call – the sooner the better.**