



When to Seek Professional Counseling Assistance

Produced by FEI Behavioral Health

Since no two individuals are exactly the same, deciding when to get professional counseling assistance can vary. There are however some general guidelines that are useful in considering whether professional help is needed.

If you are experiencing any of the following, you should consider calling the EAP or other professional resource for consultation and assistance:

- Unmanageable anxiety or fear
- Uncontrollable emotions
- Feelings of hopelessness, sadness, or depression
- Increased or ongoing stress
- Difficulty in coping
- Difficulty concentrating or making decisions
- Rage or excessive anger
- Difficulty getting along with others
- Conflicts in marriage, family, work or school
- Low self-esteem
- Reliance on alcohol or drugs
- Changes in eating or sleeping patterns
- Chronic physical problems where no organic or medical cause can be found
- Any symptom or problem that feels out of your control and is creating a problem for you

For more information or to schedule an appointment, please call 337-436-9533 or 1-888-414-FYCA.

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