

# How To Find A Good Mental Health Counselor

By: Stan Popovich

Many people have a difficult time in finding an effective mental health counselor. Just like everything in life, you have your good counselors and you have not so great counselors. The key is to find one that will help you solve your current mental health problems. If you do not know what you are looking for or where to start, then here are a few ideas in how to find a good mental health counselor.

## 1. Talk To Your Doctor Or Primary Care Physician

Your medical or family doctor is a great source in finding a good counselor. Explain to your doctor your problems and he or she can put you in the right direction in seeking the proper help.

## 2. Go To Your Local Hospital

Your local hospital is another source you can use to find a good counselor. A hospital is also a good source of finding many different mental health programs in your area. Hospitals know a lot of good counselors and programs in your area and they can lead you in the right direction.

## 3. Ask Your Friends And Relatives

Use your network of friends and relatives to see if any of them know of any good counselors in your area. This can be effective if it does not bother you that other people know that you are seeking a counselor. Many churches and nonprofit mental health agencies have a variety of mental health programs and asking the people who run these programs could also lead you in the right direction.

When asking for a counselor or finding a mental health program, always ask for someone who has a good reputation. Remember that finding a counselor to help you depends on how you interact with the counselor and how they interact with you. It may take a couple of times to find the right person, but do not give up. Finding a good counselor will pay off for you in the long run, so be persistent in finding the right person for you.

Remember that the key components of having an effective mental health counselor is affordability, the ability to effectively talk to your counselor, and most importantly, is your counselor able to find the answers to your current problems. If you do not see any improvement in your mental health condition after a couple of months of working with your current counselor, you may want to find someone else. The main point of talking to a counselor is to help manage your mental health issues and to get better.

### BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

<http://www.managingfear.com/>