

Overcome Stigma and Seek Counseling for Personal Problems

In every workplace, employees face personal challenges that can impact their mental health and well-being. Whether it's stress from a heavy workload, struggles with relationships, financial concerns, an uncertain future, or the weight of past traumas, these issues can take a toll on individuals both personally and professionally.

These mental distractions keep you from feeling like your best self and performing at your best on the job. The good news is that your employee assistance program (EAP) is an easy path to help.

Although the EAP is designed to fully maximize confidentiality, for some employees the stigma surrounding seeking professional counseling often prevents them from getting the help they need. Does this fear affect you?

Let's examine how to overcome this hurdle so you can reach out for the support and empowerment you need, especially if you have thought about contacting the EAP, but haven't made the call yet.

Fear of Being Judged

Fear of being judged or stigmatized by others is a common roadblock to help-seekers. You might worry about how your coworkers or supervisor perceive you if you admit to struggling with personal issues.

You might fear that seeking help will be seen as a sign of weakness or incompetence. However, nothing could be further from the truth. Seeking counseling is a courageous and proactive decision that demonstrates strength, self-awareness, and a commitment to personal growth.

It's about Taking Charge

It's essential to understand that seeking counseling does not mean you are incapable of handling problems on your own.

Rather, it shows that you recognize the importance of taking care of mental health issues and life problems and are willing to utilize available resources to get the job done.

Just as you would seek medical attention for a physical ailment, seeking counseling for emotional and personal challenges is a vital aspect of self-care.

Counseling Gives You Tools

Furthermore, counseling provides individuals with the tools and strategies they need to effectively manage stress and navigate difficult situations now, and long into the future.

A skilled EAP professional can offer valuable insights, perspective, and guidance and/or lead you to other pros that can empower you to overcome obstacles and thrive both personally and professionally.

By investing in your mental health, you are better equipped to perform at your best in the workplace and contribute to a more positive and productive work environment.

There's a Counseling Style that Fits You

It's important to recognize that seeking counseling is not a one-size-fits-all solution.

There are various types of counseling and therapeutic approaches available. It's essential to find the right fit for your personality and needs. And the EAP can help you zero in on what most likely to work best for you.

So, whether it's individual therapy, group counseling, cognitive-behavioral therapy, or another modality, employees have options that cater to their specific challenges and goals.

Your Employer Is Committed

Your employer has made a commitment to foster a culture of support and openness where seeking counseling is encouraged.

In doing so, they have provided access to confidential counseling services, and have promoted awareness of your EAP resource.



By creating a safe and supportive environment, your employer wants to empower employees to prioritize their mental health without fear of judgment or reprisal.

You Deserve Support

Ultimately, seeking counseling is an act of self-compassion and self-empowerment.

It's about acknowledging our humanity, embracing vulnerability, and taking proactive steps to nurture our well-being.

So, if you are facing personal challenges: Go for it! Don't let stigma or fear hold you back from seeking the support you deserve.

Your mental health matters, and you deserve to live a life of fulfillment, resilience, and authenticity.

Embrace the courage within you, reach out for help, and embark on a journey of healing and growth. Your future self will thank you for it.

Tips for Successful Counseling:

Be Open: Share your thoughts and feelings openly with your counselor.

Set Goals: Work with your counselor to establish clear objectives in the beginning so you can track progress and stay motivated.

Communicate Expectations: Discuss your expectations and preferences for counseling, ensuring you and your counselor are on the same page.

Practice Patience: Remember that progress takes time, so be patient with yourself and the counseling process.

Stay Consistent: Attend your counseling sessions regularly and engage in any recommended activities or exercises outside of sessions to maximize benefits.