

Helping Someone Close to You

There will probably come a time when someone you know could benefit from professional counseling. They may, however, deny that a problem exists and won't do anything about it. You can aid a friend or loved one by discussing those aspects of their behavior that are of concern. You should also discuss the benefits of counseling and share any personal experiences you've had with it. You may even want to help them select a therapist by using the information in this book, see at www.HealthyLearn.com.

Don't feel like you have to "go it alone." If you need additional advice or someone to help you in your discussions with your friend, talk to any of the following people:

- Your EAP representative
- Your physician
- Your student counseling center's staff
- Your friend's family
- Your clergy

Your friend or loved one may not be very open to your assistance at first, but be persistent. The care and support you provide is an important factor in helping them get better.