



Teen Girls: What To Expect in Therapy. Frequently Asked Questions



- **What is Therapy?**

Therapy is more than just talking, it is a place where we can explore different skills, better understand ourselves, and improve our mental health. Seeking therapy is nothing to be embarrassed about, it is always good to talk with someone you trust about your emotions and challenges.

- **What is mental health?**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

- **How will I know that I need to seek therapy?**

When you experience challenges with being able to do normal things because of your emotions and thoughts may mean that you can explore therapy for support. Also if your behavior changes or are doing things outside of the norm.

- **What will I experience in Therapy?**

Therapy is a judgment-free zone! Therapy can be a little awkward at first. It is completely normal for it to take some time to feel comfortable with your therapist. Therapy will not “solve all your problems” but it will give you strategies to help you work through them. For therapy to have an impact it requires work on your part as well; your therapist may give you assignments or activities to do on your own.

- **How can therapy help me?**

Therapists can help with home, school, and personal issues one may be dealing with. Therapy is a great way to learn your strengths and work on self-esteem. Therapy can help you learn how to manage your emotions better and create growth opportunities.

- **Will what I share in therapy be kept confidential?**

Everything you share in therapy will be confidential unless you are reporting abuse and neglect and/or a high-risk crisis.

- **Common mental health concerns that teens experience include:**

Anxiety (being worried), depression (feeling down or sad regularly), low self-esteem (feeling bad about yourself and your abilities), relationship difficulties with peers and family, cyberbullying, suicidal thoughts or attempts.