

Your Healthcare Team: Counselor

Hello, my name is Dave.

And I'm here in my studio with all my toys. And I want to show you something.

Now, let's pretend this is you. And you're trying to manage your health condition. It could be anything. But like most health issues, it can be scary, overwhelming, and even depressing.

But there is good news. Uhmm, where is my good news?

Ah, here it is.

Thank you Mr. Bucket.

(That's odd.)

It says, you're not alone. And that's because you are part of a team - a health care team.

I'm here to tell you about one of them: the counselor.

They're kinda like a wise old wizard except their magic is that they are professional listeners and problem solvers.

Your problems aren't too big or too scary for them. Counselors are superheroes at helping people figure out what may be getting in the way of coping with a diagnosis, or tackling the lifestyle changes needed to manage a condition. And that includes dealing with anxiety, substance use, depression, and much more.

They offer practical solutions for day to day management of these challenges. Or are just there to listen.

Managing your healthcare can be a lot and you don't have to do it alone. You are a member of one of the best teams around.