

Friend or *Therapist?*

A quick check-in to help you figure out what kind of support you need right now.

Friends are wonderful. *So is therapy.*

They just do different jobs. A good friend can make a hard day lighter. A therapist is trained to help with the things that don’t get lighter, no matter how many times you talk them through.

A friend is great for...

- Venting after a rough day
- Laughing until it feels lighter
- Advice from someone who knows you
- Showing up with coffee (or wine)

A therapist is trained for...

- Patterns that keep repeating
- Anxiety, depression and trauma
- A neutral, confidential space
- Tools that create lasting change

The best answer is often *both.*

Therapy doesn’t replace your people. It gives you a place to untangle the heavy stuff, so you can show up for your relationships, and let them show up for you.

The 60-second *check-in*

Start at the top. Stop at the first "yes."

1 Are you having thoughts of hurting yourself or someone else, or are you unsafe right now?

Yes → **Reach out now.** Call or text 988, or call 911 in an emergency.

No

2 Has this been going on for more than 2 weeks, or does it keep coming back?

Yes → **Therapy could really help.** Lingering struggles deserve support.

No

3 Is it getting in the way of sleep, eating, work, parenting or your relationships?

Yes → **Therapy could really help.** It's affecting your daily life.

No

4 Have you already talked it through with people you trust, and you still feel stuck?

Yes → **Therapy could really help.** A fresh, trained perspective can unlock things.

No

5 Is it tied to something from your past, or a pattern you keep repeating?

Yes → **Therapy could really help.** This is exactly what it's for.

No to all

Call a friend. Talking with someone you trust may be just what you need right now. If things change, come back to this check-in anytime.

Not sure how to answer? That's okay. "I don't know" is a perfectly good reason to talk to a therapist, and you never need to be "bad enough" to deserve support.

Want to *dig a little deeper?*

Check everything that sounds like you lately.

Signs therapy could help

- [ ] It's been going on for more than 2 weeks, or it keeps coming back
- [ ] It's affecting my sleep, appetite, work, parenting or relationships
- [ ] I've talked to people I trust, and I still feel stuck
- [ ] I worry I'm "too much" for my friends, or I don't want to burden them
- [ ] I keep repeating the same patterns (in relationships, people-pleasing, avoiding)
- [ ] Something from my past keeps showing up in my present
- [ ] I feel anxious, on edge or panicky most days
- [ ] I feel hopeless, empty or numb a lot of the time
- [ ] I'm leaning on alcohol, food, shopping or scrolling to cope
- [ ] I'm going through a big change: a new baby, a loss, a divorce, a diagnosis
- [ ] I have scary or intrusive thoughts I'm afraid to say out loud
- [ ] It's private, or involves people my friends know, and I need someone neutral

I checked _____ out of 12

0–1
Leaning on friends may be enough for now. Therapy is still there if you want it.

2–4
Therapy could make a real difference. Consider a consultation.

5 or more
You're carrying a lot. Please reach out to a therapist soon.

Signs a friend is a great fit

- [ ] I had a hard day or week, and I mostly need to vent
- [ ] I feel better after talking it through
- [ ] I still have energy for the things that matter to me
- [ ] I want connection, perspective or a good laugh

The thoughts that *talk us out of therapy*

~~*"My problems aren't bad enough."*~~	There's no minimum. You don't have to wait for a crisis, and it's often easier to work through things before they get heavier.
~~*"I should be able to handle this on my own."*~~	You handle so much already. Getting support isn't weakness. It's the same as seeing a doctor for a broken arm.
~~*"It's just paying someone to talk."*~~	Therapists use evidence-based tools like EMDR, ART and IFS that help your brain and body actually heal, not just vent.
~~*"I'd have to talk about my childhood for years."*~~	Only if it helps. You set the pace and the goals, and many people feel a difference in a matter of weeks.
~~*"I don't have time."*~~	Telehealth means therapy can happen from your car, your couch or during nap time. One hour a week, just for you.

Before
A free phone call to see if we're a good fit. No pressure, no commitment.

First session
We get to know you, what brought you in, and what you want to feel different.

After
We build a plan together, at a pace that feels right for you.

Not sure? *That's a great reason to call.*

Lotus Rose Counseling offers therapy for anxiety, overwhelm, postpartum, grief, trauma and more, in person and by telehealth. We'll help you figure out what you need, even if the answer is "call your friend."

lotusrosecounseling.com · 801-642-4244

In crisis? Call or text 988 (Suicide & Crisis Lifeline, 24/7), or call 911 in an emergency.