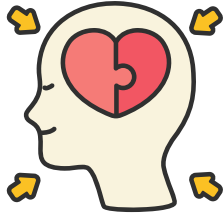


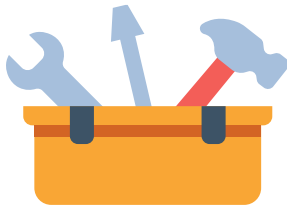
What Is a Therapist?



Therapists are mental health professionals who help people feel better. A doctor helps your body feel better. A therapist helps your mind, thoughts, and emotions feel better.

Maybe you have had problems with other kids picking on you, struggles with something going on in your family, or maybe you are feeling like you are not good enough. A therapist can help you with these and many other things so that you feel better and learn new skills to help you.

When you go see a therapist, you will find that they are great listeners! When you are sharing what you need help with, they will hear you. You can feel free to share whatever you want with your therapist.



The therapist will then help you fill your tool bucket or box. Your tool bucket or box has all the tools or skills that you can use when different things happen in your life. Let us use art as an analogy. There are so many ways to do art and you can use lots of different materials. You get to pick which art material you want to use to make the project. The therapist then also teaches you which tool or tools might be the better fit for what you are working on. In the case of your art project, you would use glue or tape to get two things to stick together. Not crayons or markers. You would use them to add color.

Therapy and meeting your therapist are new adventures. Give it a try!