



## **REFERRALS FOR PROFESSIONAL COUNSELING**

*How would I know if it's time to refer someone for professional counseling?*

Whether you are a teacher, employer, co-worker, a parent or friend, you may wonder, at times if professional help is needed. It is always difficult to make the suggestions to others, but it can be important to do so if you observe any of the following signs:

- **Any marked change in behavior, attitude, or energy level:**
  - Tardiness, absence or poor work performance in a formerly consistent worker or student
  - Significant increase or decrease in mood level that lasts more than a week
  - Isolation from others in a formerly social person
  
- **Reports or observation of physical symptoms:**
  - Trouble sleeping or oversleeping
  - Loss of appetite or overeating
  - Headaches
  - Fatigue

Some signs may be considered Red Flags where a referral is urgent. They include:

- Verbal threats or angry outbursts toward others
- Statements that the person feels their anger is out of their control
- Threats or gestures to harm or kill oneself
- Statements that the person feels suicidal at times, even if not at present

Substance abuse problems may also be treated by professional counseling. Many of the symptoms of substance abuse are the same as those previously mentioned. Additional symptoms include:

- Association with a new peer group
- Absence and isolation from friends and family
- Significant decrease in functioning either at home, school, or job

If you need to make a suggestion or referral to someone for professional counseling, you may want to have a few possible resources for them to contact. This will help them to understand that you want to help them, and it will increase the likelihood that they will get the help they need.

*Family Service Counseling and Community Resource Center is only a call away. Fees are based upon an adjusted scale according to income and family size.*