

Referral to a licensed counselor is recommended if:

- (1) The person:
  - a. Has prolonged emotional distress
  - b. Indicates difficulty managing emotions
  - c. Engages in activities to avoid feeling painful emotions on a regular basis
  - d. Uses substances to avoid feeling painful emotions
  - e. Has difficulty handling responsibilities or relationships on an ongoing basis

**(Emotions are indications of something painful –whether past, present or fears of the future – that if left unresolved can lead to much greater and prolonged distress.)**

Or

- (2) At least one of the following is true: The person:
  - a. Has difficulty responding appropriately to general advice and suggestions because of emotional factors;
  - b. Has a distorted perception of some situations and those distortions cannot be easily corrected;
  - c. Has suicidal or homicidal impulses/thoughts;
  - d. Is engaging in actions harmful to self or others, e.g., self-mutilation, spouse or child abuse;
  - e. Is having difficulties functioning appropriately and/or meeting normal expectations and responsibilities, i.e., school or work performance is clearly or increasingly impaired.

If you are concerned about yourself or someone you love call Crossroads at (803) 808-1800 for a free and confidential consultation.