

Mental Health Counseling

Mental Health Counseling (also called therapy) helps people learn to cope with intense emotions, navigate life's challenges, and build a life that works for them. Many autistic people benefit from counseling. Therapy can support emotional regulation, communication, and healthy routines. Mental health is part of whole health. Everyone deserves support, understanding, and tools to thrive. Seeking help is a sign of strength, not weakness.

Need help now? Visit 988lifeline.org or call/text 988 to talk with someone any time, for free.

Mental health counselors can help you:

- Understand your feelings and how you respond to people, places, or situations
- Manage intense emotions like fear, worry, or sadness
- Work on behaviors like:
  - Hyperactivity (moving or thinking constantly)
  - Impulsivity (acting before thinking)
  - Procrastination (avoiding tasks that need to be done)
- Discover what motivates you and what helps you thrive

Types of Mental Health Counseling:

- **Parent/Child Interaction Therapy**
  - Provides strategies for parents to model calm and appropriate behaviors during difficult situations
- **Family Therapy**
  - Supports the family through challenges by developing strategies to help support positive interactions and strengthen family dynamics
- **Cognitive Behavioral Therapy (CBT)**
  - Helps people identify and change unhelpful thoughts and behaviors to improve emotional well-being
- **Dialectical Behavior Therapy (DBT)**
  - Emphasizes mindfulness, accepting difficult emotions, and developing skills to manage emotional responses effectively

Mental Health Counseling for Family:

Counseling can help loved ones of autistic people to:

- Understand their role in supporting and loving an autistic person
- Improve their responses and strengthen relationships
- Reflect on the challenges and successes of life together

Options for counseling can include:

- Individual Counseling
  - One-on-one support focused on personal goals
- Family or Couples
  - Improving relationships and shared understanding
- Group Sessions
  - Learning with others who have shared experiences
- Telehealth
  - Virtual visits from the comfort of your home
- In-Person Visits
  - Face-to-face connection in a private session