

Practical information

WHEN SHOULD YOU SEEK PROFESSIONAL HELP?



There's only so long you can keep trying to manage things on your own. Very quickly, you will come up against your own limitations. The danger is that your suffering will seriously damage your relationships with others (irritability, mistrust, avoidance), making you feel guilty and even worse. Asking for help and talking about your problems with a professional—a psychologist or a psychiatrist—can be a difficult decision. But when should you do it?

When the first warning signs appear

Asking for help quickly, when the first warning signs appear (nightmares, flashbacks, avoidance, uncontrolled fears, irritability, guilt), will help you to get better more quickly and avoid complications (depression, addiction).

In the absence of other support

The support of loved ones (friends, family, spouse) is often very helpful and may even be sufficient. But this support can fade away over time. It may be ineffective at relieving anxiety long-term or your problems may simply be too big. Bonds can be damaged by kind but clumsy words that are as ineffective as they are irritating. Sometimes it is better to preserve your relationships with your family and friends by talking to a professional.

If your problems don't go away

It is never too late to seek professional help. If the symptoms, whatever their nature, are long-lasting, you should consult someone. Your suffering may take different forms: crying, anxiety, obsessive behaviours, insomnia, nightmares, behavioural problems, preoccupations, pain, unexplained physical signs, etc. These symptoms indicate that you need to get help from a professional.