

**Question 4: How do I know when I should begin seeing a Psychologist (Counselor, Therapist or Psychiatrist)?**

Everyone experiences periods of stress, sadness, grief and conflict, so when you're feeling off, it can be hard to know if it's time to see a professional about the problem. There are some signs that truly are signals to go and get some help.

Feeling overcome with anger or sadness on a regular basis could indicate an underlying issue needs to be addressed to bring back a sense of wellbeing.

If your life gets more constricted because you're avoiding a lot, it is probably time to see someone.

If you have suffered a trauma such as a loss of a loved one, a break-up or any other kind of loss and you can't seem to stop thinking about it. Grief from a loss can impair daily functioning. If you find you aren't engaging in your life or those around you have noticed that you're pulling away, you may want to speak to someone to unpack how the event still affects you.

If you find yourself drinking or using drugs in greater quantities or more often -- or even more often thinking about drinking or drugs -- these could be signs that you're hoping to numb feelings that should be addressed.

Changes in work performance are common among those struggling with emotional or psychological issues. Aside from changes in concentration and attention, you might get negative feedback from managers or coworkers that the quality of your work is slipping. This could be a sign that it's time to talk to a professional.

If you have lost interest in previously enjoyable activities or have lost a sense of purpose, it can be a sign of depression. Overwhelming feelings of helplessness or hopelessness are also common signs of depression. Psychologists can help find the source of depression.

If you are having difficulties in a relationship and find yourself feeling unhappy during interactions with loved ones on a regular basis, you might make a good candidate for individual, couples or family therapy.

A psychologist can help you improve your mental clarity by acting as an unbiased third party. Often, patients find their own solutions just by hearing themselves talk about it out loud. Simply talking about their problems and getting them out in the open helps many people improve their mental clarity, be more able to concentrate, and become more task-orientated. Psychologists can serve as an important sounding board.