

serious mental health problems, but that's no longer the case.

Therapy is helpful to people of all ages and with problems that range from mild to much more serious. Some people still hold onto old beliefs about therapy, such as thinking that teens "will grow out of" their problems. If the adults in your life don't seem open to talking about therapy, mention your concerns to a school counselor, coach, or doctor.

You don't have to hide the fact that you're going to a therapist, but you also don't have to tell anyone if you'd prefer not to. Some people find that talking to a few close friends about their therapy helps them to work out their problems and feel like they're not alone. Other people choose not to tell anyone, especially if they feel that others won't understand. Either way, it's a personal decision.

### **What Can a Person Get Out of Therapy?**

What someone gets out of therapy depends on why that person is there. For example, some people go to therapy to solve a specific problem, others want to begin making better choices, and others want to start to heal from a loss or a difficult life situation.

Therapy can help people discover more about themselves. People who work with therapists might learn about motivations that lead them to behave in certain ways or about inner strengths they have. Maybe you'll learn new coping skills, develop more patience, or learn to like yourself better. Maybe you'll learn new ways to handle problems that come up or new ways to handle yourself in tough situations.

People who work with therapists often find that they learn a lot about themselves and that therapy can help them grow and mature. Lots of people discover that the tools they learn in therapy when they're young help them cope with all kinds of difficult situations when they're older.

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