

The first visit is about understanding the problem that you need help with and is a chance for the psychologist, therapist, or psychiatrist to get to know you a little bit. At future visits, the two of you can work on solving the problems. You may have regular appointments every week, every month, or less often.

You might be asked to set goals for yourself or to keep a notebook describing your feelings between visits. Bringing this notebook to your appointments can help you track your progress.

You can choose to tell people that you are going to these appointments, or you can decide not to share this information. Who you tell, or if you tell, is your decision.

Getting Help Is No Big Deal

Some kids feel that getting this kind of help makes them weak or means they are "crazy." But that is not true. If you need help, seeing a psychologist, psychiatrist, or therapist is the right thing to do. Everyone has problems sometimes, and it's smart to take charge and work them out.

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Note: All information on KidsHealth is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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