

Talking Tazewell

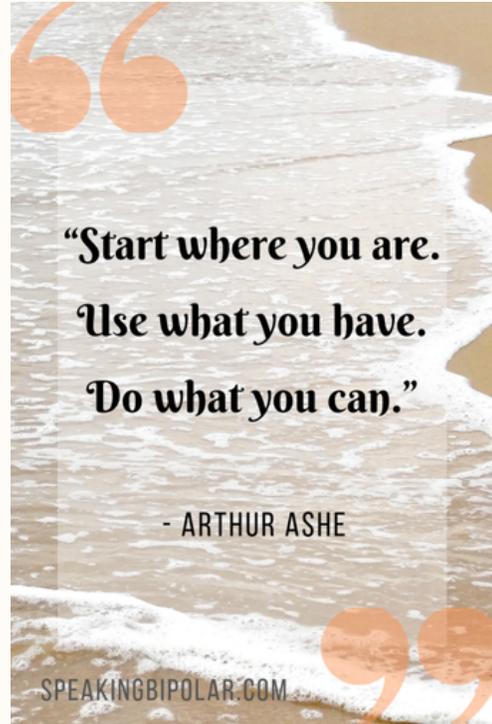
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The Wellness Playbook

Welcome to the Wellness Playbook! We are so glad you are here.

Whether you're looking to better understand mental health, find support for yourself or others, or simply stay connected, this newsletter is for you! Each edition will highlight different topics related to mental health – all tailored with our local community in mind.

Thank you for reading, and welcome to a space where mental health matters.



DID YOU KNOW...

MAY IS MENTAL HEALTH AWARENESS MONTH!

Visit Mental Health America's [website](#) to take a free, anonymous online screening to determine whether you may be experiencing symptoms of a mental health condition. Mental health conditions are real, common and treatable. Remember, recovery is possible. You are not alone.



As an extension from our last newsletter, we will continue discussing what to expect when beginning your healing journey.

Things to Consider:

You will set your own goals. Your therapist is certainly there to assist you in your healing journey by providing tools, guidance and support, but you are in control. You will be deciding what you want to focus on or achieve.

Therapy involves more than talking about your feelings. You will learn how to challenge your negative thoughts and behaviors and take control. Healing involves looking internally as well. This will be hard and uncomfortable, but it gets easier over time.

You don't have to share anything until you are ready to do so. If your therapist asks you about something you are not ready or comfortable talking about, that's okay (and understandable)! Communicate this to your therapist. Building trust will take time and honesty is an integral part of that process.

What to Expect:

It is normal to be nervous. Even if you know what to expect. But let's try to take away some of that uncertainty:

Your first visit will be a lot of housekeeping and getting to know you. Some therapists do this over the phone prior to the first visit. You will go over office protocol (missed appointment/cancellation policies), how to contact your therapist outside of appointment times, payment policies and more.

You can expect to fill out paperwork, including but not limited to: background information/medical history, emergency contact forms, releases of information, financial documents and confidentiality/HIPAA forms.

Sessions will usually be between 45-60 minutes. Some therapists may schedule the first visit for longer to allow time for the intake process that needs to be completed.

Looking for more information regarding available resources in your area? Visit <https://tinyurl.com/TCHDMentalHealthResourceGuide>

HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?

SEND IT OUR WAY!

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