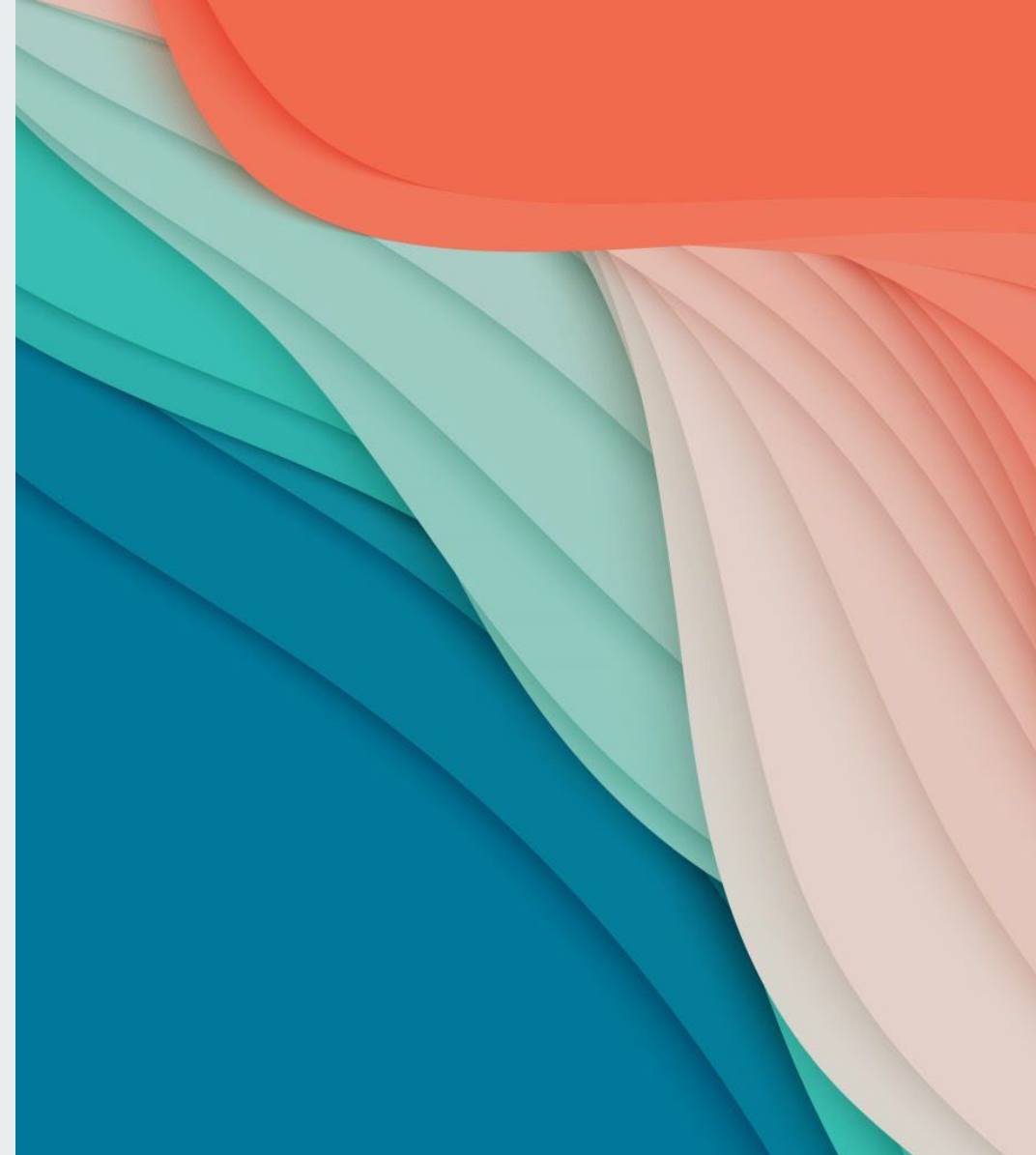


Therapy Saved My Life...

Counseling provides benefits to promote wellness for the community and community leaders.

By: Ayonna Johnson, LPC



**Sometimes we just
need to talk to
someone who isn't
going to judge us
and help us
understand where
we are in life.**





- **Wellness Seeds**
Counseling specializes in:
 - Couples
 - Adolescent (ages 12 – 18)
 - Young Adult to Adult (ages 20 on up)
 - Teachers
 - Military
 - Law Enforcement Officers
 - Community Leaders



- **Wellness Seeds**
Counseling specializes in:
- Our counseling services also assist individuals with becoming more capable of handling stressful occupations.
- All clients can feel safe knowing that all conversations are confidential and handled with care. Clients will leave each session feeling heard and capable of managing everyday life stressors and daily tasks, while setting goals for sustainable mental health and wellness.

Mental Health

- **More than 60% of people struggling with anxiety disorders don't receive treatment**
- **Suicide is on the rise globally, accounting for nearly one million deaths annually. The suicide rate has increased by over 30% in the last 20 years, and in 2016, suicide became the 2nd leading cause of death among ages 10-34. Over the past decade, the rates of children hospitalized for suicidal thoughts or behaviors have doubled.**
- **60% of men and 50% of women experience a traumatic event at some point in their life.**

Police Officers

- “According to the National Alliance on Mental Illness (NAMI), police face higher rates of depression, substance use, burnout, PTSD and anxiety than the general public. Tragically more police officers die by suicide than they do in the line of duty.
- Stress is normalized by police officers due to being accustomed of having stress. Many officers don't realize how close they are to needing mental health services in the first place.



Police Officers Continued...

- Once they do realize they have a mental health problem or illness, a lot of them don't seek services and we found that there's really three reasons for this.
- 1. Concern about confidentiality within the department.** A lot of police officers do not trust internally their own department. A lot of them told us that it's like high school, that word gets out and they don't want to tell anyone that they have a mental health concern.



Police Officers Continued...

- 2. Police don't believe that psychologists can relate to their occupational duties.** They don't think that psychologists really understand what they are seeing and what they are going through. And so they don't necessarily trust the psychologists themselves.
- 3. Stigma.** Many of those working in law enforcement believe that seeking mental health services means they are not fit to do their jobs. I think that stigma is not just what we see in the police departments, but it's what we see in the general public as well.





• **First Responders and Mental Health: When Heroes Need Rescuing**

• Sep. 9, 2022

• By [Rodney Luster, PhD, LPC](#)

“It is estimated that 30 percent of first responders develop behavioral health conditions including, but not limited to, depression and [PTSD], as compared with 20% in the general population. In a study about suicidality, firefighters were reported to have higher attempt and ideation rates than the general population. In law enforcement, the estimates suggest between 125 and 300 police officers commit suicide every year.”

Heroes **NEED** Rescuing

Teachers

- *Article 2022: Teachers Have Double the Stress of the Average American Worker*
- **A new report reveals teachers and principals report frequent job-related stress at twice the rate of the general population of working adults.**
- **Well-being is especially low among teachers and principals of color, mid-career teachers, and female educators.**
- **Poor well-being among educators can have ripple effects for teachers and students alike.**

“Educators continue to report relatively worse well-being than other working adults,” said Elizabeth D. Steiner, lead author of the report and a policy researcher at RAND, a nonprofit, nonpartisan research organization. “In addition to being twice as likely as other working adults to say they experienced job-related stress, they were more likely to say they experienced symptoms of depression and were not coping well with job-related stress.”



Benefits of Counseling

- Improved communication and interpersonal skills
- Greater self-acceptance and self-esteem
- Ability to change self-defeating behaviors/habits
- Better expression and management of emotions, including anger
- Relief from depression, anxiety or other mental health conditions

Benefits of Counseling

- Increased confidence and decision-making skills
- Ability to manage stress effectively
- Improved problem-solving and conflict resolution abilities
- Greater sense of self and purpose
- Recognition of distorted thinking

Meet Your Virtual Counselor



AYONNA D. JOHNSON, LPC

Counseling for 10+ years

Experience working with:

Pre-teen

Adults

Couples

Military

Military Families

Community Leaders

Trauma

Anxiety

Depression

We are all individuals who experience stress differently. We become so accustomed to ignoring our stress until it becomes more than we can bare. WE work together to find the answer to your wellness because we all desire to live well!

Your wellness is important!



We all go through life's challenges, changes, chaos, confusion and conflicts. In those moments, sometimes we just need to speak to a non-judgemental person to help us navigate our way through.

Let's work together to get to a better place of wellness. Your "better you" begins with a call or email. Let's start today!!!

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