



# **13 Reasons to Refer Someone to a Counselor**

FREE MINISTRY RESOURCE



# 13 REASONS TO REFER

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Below are 13 reasons to suggest that a person see a professional counselor:

1. Person is in a physically abusive relationship
2. You see repeated patterns of unhealthy relationships
3. You see a history of severe mood swings
4. Comments about suicide like "No one would care if I was here," or "Life doesn't seem worth living"
5. Depression that lasts more than a few weeks
6. Anxiety prevents them from managing their life
7. Person regularly cuts or injures themselves anywhere on their body
8. Individual tells you they were sexually abused (ie. rape, incest) and memories/ thoughts, etc. have resurfaced
9. History of substance abuse or other addictive behaviors cause the person to act out again
10. Bursts of uncontrollable anger or violence beyond the normal losing their temper
11. Odd behaviors that don't seem to add up or make sense to you
12. Person tells you they have had an eating disorder or intense struggle with food for an extended period of time
13. When your gut tells you this situation feels above your head.

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