

Name \_\_\_\_\_

## Talking to a Counselor: Unlocking the Benefits of Seeking Help

### Multiple Choice Answer Key

1. b) They offer emotional support and listening.
2. c) By helping express thoughts and feelings openly.
3. b) It ensures that clients can freely share their thoughts and feelings.
4. b) It provides guidance and support for healing and coping.
5. c) Vincent van Gogh

