

Seeing a counselor in your golden years? Mind these misconceptions

SOT

Kren Harmon

OSF HealthCare licensed clinical social worker

"Practical matters such as housing and transportation. I hear 'My doctor told me I can't drive anymore. How do I get to appointments?' We network closely with our care management team to handle those social work kind of details." (:22)

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"We start with a basic education. What is mental health? How do I know if I'm struggling? What's the difference between a therapist, psychologist and a psychiatrist?" (:14)

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"There are just a lot of stereotypes about that. It's going to make me feel like a zombie. I don't want to be sedated. That's not what we're talking about with the newer SSRI [selective serotonin reuptake inhibitor] medications. It's not going to sedate you. It's just going to help you be a better version of yourself. Have a little more hope and energy. It's not going to radically change how you think and feel. They're apprehensive because they're thinking of medications from yesteryear. They even bring up shock therapy. That is not the first mode of treatment." (:41)

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"Depression can just be a chemical imbalance in the brain. It doesn't mean you're not a good follower of your faith. It doesn't mean you don't have good values or morals. This is not your fault." (:09)