



OLIVE BRANCH
COUNSELLING & WELLNESS



MISCONCEPTIONS

About Counselling

Counselling is often misunderstood.
Here are a few things it can be – and a few things it is not.

COUNSELLING IS...



A space to talk
openly without judgement.



A collaborative conversation.



A place to understand
emotions, patterns
and experiences.



Support in exploring
choices and possible
ways forward.



A space where you can
move at your own pace.



Something you can
seek even when you are
not in crisis.

VS.

COUNSELLING ISN'T...



Someone telling you
how to live your life.



Only for people who are
at breaking point.



A sign that you are weak
or unable to cope.



A place where you have
to reveal everything
immediately.



A quick fix or
instant solution.



Something you need to be
fully prepared for before
you begin.



You do not need to have everything figured out.

You can begin counselling with questions, uncertainty, difficult emotions, relationship concerns, life changes, or simply a desire to understand yourself better.



General resources can support reflection and understanding, but they are not a substitute for personalised counselling or professional guidance.

*You are not alone.
Support is here.*

