

# What to expect in therapy



**Talk about your feelings:**  
You'll get to share what's on your mind and how you feel.

**Feel safe and listened to:**  
Your therapist will make sure you feel comfortable and understood.

**What you share is private:**  
Everything you share in therapy is kept private, and the therapist won't tell anyone unless they're worried about safety.

**Learn new skills:**  
You'll learn ways to solve problems and handle tough feelings.

**Play games or draw:**  
Sometimes, you might play or do fun activities that help you express yourself.

**Therapists are there to help:**  
They are friendly and want to help you feel better.

