



CHOOSING A

COUNSELLOR

CHECKLIST

WWW.STRIDEWELLNESS.ORG

DOES THE COUNSELLOR HAVE AN AREA OF SPECIALITY?

CHECK ON CERTIFICATION, EDUCATION AND EXPERIENCE

CHECK WITH YOUR EMPLOYEE ASSISTANCE PROGRAM AND PROSPECTIVE COUNSELLOR ABOUT ACCEPTED BENEFITS

LOOK FOR TESTIMONIALS, REVIEWS & REFERRALS

IF YOU'VE BEEN TO A COUNSELLOR BEFORE, REFLECT ON YOUR PAST EXPERIENCE TO GUIDE YOUR SELECTION

CALL THEIR OFFICE TO ASK QUESTIONS AND GET INFO

ARE THERE WORKSHOPS, GROUPS OR COURSES?