

## **Counselors of Law & Health - *Why You Need Both in a Family Law Matter***

The wedding photos turned out absolutely beautiful, but now they only depict a memory that isn't reflective of your marriage. Somewhere along the road, the life you imagined with your spouse is not the picture of your life that has now been painted. It's time to move on but... where do you start? How can you let go after all of these years together? What will happen to your children? What about everything you acquired together as a couple? How are you going to deal with all of the anger and frustration inside?

There are so many thoughts that will run through your mind when contemplating a divorce but the first question should be "where can I get help?" You are a strong person that has made it through all of the hurdles of the relationship so far on your own and so it is logical to think that you can keep going on your own. The other problem is the cost of getting counseling or going through a divorce – why not save some money and do it on your own? The answer is that what you are going through is not simple or logical. Your life is being turned upside down and it's okay to ask for help. There are professionals to help you get through this and you have to put your well-being before anything else.

There is no such thing as a simple divorce since there are many factors that need to be taken into consideration that are often missed without the help of a professional. Often, clients seek a divorce attorney first when it is time to separate from a spouse. The legal process behind getting a divorce can be very complicated and getting legal guidance from the beginning can ease some of the stress. A divorce attorney can help you navigate through the steps with the court and with figuring out what your life is going to look like after you have legally separated from your spouse. This can include determining child custody, splitting finances, obtaining protective orders, understanding alimony and much more. The attorney will also help you file motions with the court, understand the procedures of the court and what you will need to do to get a favorable outcome in your case.

A divorce attorney can not, however, help you with the rest of the burden you now have. You can not unsee what you have already witnessed or even ignore the pain that you feel inside. Your attorney can offer guidance at a meeting but not comfort at 3 o'clock in the morning when the other side of your bed is empty and cold. You need to find your inner strength to get through this process and be at peace with what you can not change as well as what has already occurred. Speaking to friends and family may not be enough support to get you through this. This is where a different type of counselor steps in.

A mental health counselor can help you navigate through the emotions and thoughts of separating from one of the closest people in your life. Since you have an attorney to help you with your legal battle, why not have a therapist help you through the battle that's going on inside of you? Getting through the legal part will be even harder if you refuse to deal with the emotional aspect of a divorce. A therapist's office may be the last place you want to go right now to discuss your innermost feelings and thoughts but it may be the very place that will show you the way to move on and take different photos, just as beautiful as the ones you've taken before, depicting a new sense of happiness as you start a new chapter in your life.

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