

Finding Strength in Support:

National Counseling Awareness Month

April is National Counseling Awareness Month, a time to recognize the power of healing through talking and connection.



What is Counseling?

In our communities, we have always understood that sharing stories, seeking guidance, and walking together in hard times make us stronger. Counseling is another way to do this—a modern tool that, when guided by cultural understanding, can help us heal and grow.

Counseling is for everyone. It can help with stress, grief, anxiety, trauma, and other challenges that weigh on the heart and mind. A good counselor will listen without judgment and help you find the path that feels right for you.

Healing is a path we don't have to walk alone. If you're looking for support, we're here for you.

To connect with Morningstar Counseling contact us at (402) 327-9711 or email us at contact@morningstar-counseling.com

Finding a Culturally Responsive Counselor

It's important to find a counselor who respects your identity, traditions, and ways of knowing.

Here are some tips:

- **Ask About Their Experience** – Look for a counselor who has worked with Indigenous people and understands historical trauma, community strengths, and cultural healing practices.
- **Look for Cultural Respect** – A good counselor will honor your values, language, and beliefs. They may include traditional approaches, like storytelling, spirituality, or land-based healing, if that feels right for you.
- **Trust Your Feelings** – The right counselor should make you feel safe, heard, and valued. If something doesn't feel right, it's okay to look for someone else.
- **Seek Community Recommendations** – Elders, community members, or Indigenous health organizations may know of trusted counselors who can support your journey.

Visit us at www.morningstar-counseling.com to learn more about what culturally responsive care looks like.

All Nations Crisis Textline

For Relatives living in Nebraska

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8am-Midnight

Sources: www.samhsa.gov / www.nativewellness.com
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society of care

