

A therapist is a trained professional who helps people talk about their feelings, thoughts, and problems. It's important to know that therapists can work with anyone, including kids, teenagers, and adults.

Here's a step-by-step explanation:

1. **What do they do?** Therapists listen to people and help them understand their feelings. They can also help someone find solutions to their problems, whether they're feeling sad, anxious, or just need someone to talk to.
2. **Who do they help?** Therapists can help anyone who is facing challenges in their life. This can include kids who are having trouble at school, teens dealing with stress, or adults facing hard times.
3. **How do they help?** Therapists use different techniques, like talking, drawing, or playing games, especially with younger kids. The goal is to create a safe space where people can express themselves without being judged.
4. **Why might someone see a therapist?** People might go to a therapist if they are feeling overly stressed, have worries they can't shake off, or just need some help sorting through their thoughts.
5. **Is it okay to see a therapist?** Absolutely! Seeing a therapist is a good way to take care of your mental health, just like you would see a doctor for physical health.

In summary, a therapist is there to support and help people understand their feelings and find ways to make things better!