



## You Can Get Short-Term Counseling

You do not have to tell your guardian that you want to see a counselor. You can see the counselor up to five times without telling your guardian.

If the counselor thinks he or she needs to tell your guardian about the counseling, the counselor must tell you that.

### Background

In the past, your guardian had to say it was okay for you to get counseling.

Sometimes guardians did not give permission to get counseling and the person with the disability could not receive the counseling they wanted.

Now, you can call a counselor or ask someone you trust to help.

The law changed because of the work of self-advocates. [405 ILCS 5/2-101.1](#).

They worked with:

- Illinois Imagines Project
- Illinois Department of Human Services
- Illinois Coalition Against Sexual Assault
- Other groups that help people with disabilities

### Questions?

Illinois Coalition Against Sexual Assault  
217.753.4117  
[www.icasa.org](http://www.icasa.org)

Illinois Department of Human Services  
Domestic Violence & Sexual Assault Unit  
217.558.6192 or [teresa.tudor@illinois.gov](mailto:teresa.tudor@illinois.gov)