

Anahi L. — Panic and Crisis Counselor

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My dream career is to be a panic and crisis counselor. This is what I have been dreaming of doing for two years. I never thought about this career before because I was not sure if there was a job like this. Then, my brother became a panic and crisis counselor and I saw him work and I was genuinely interested. There are several types of panic and crisis counselors. I would like to work with kids that go to juvenile detention centers or kids that are in a program to get help. I know that one day this dream will become reality.

You may wonder what a panic and crisis counselor does, they do many things. A crisis counselor helps someone who is not able to cope with an extremely distressing situation on their own. The counselor intervenes quickly to keep the person safe and prevent further distress, self-harm, harm to others, long-term depression, or suicide. Being a mentor can be challenging work though. You would have to be on call all the time and be able to take time off your personal time. When you go on your personal time and get called, it becomes hard to focus on yourself. You can also get very emotional because kids can rage on their parents or harm themselves, so you must have a strong mind to keep things together. Being a panic and crisis counselor can be difficult, but that is why this is my dream career.

I ask myself this all the time why I want to be a panic and crisis counselor. So, I think if I were a troubled kid, I would want someone to help me. It would be horrible if a parent or a kid would have to deal with problems that they did not know how to fix. So that is why there are people like me that want to help kids be better. Being helpful is not a job to me, it is trying to see what you can do to help others. Ever since I was little, I wanted to do a job that had to do with helping others. First, I wanted to be a police officer then I wanted to be an engineer and now a panic and crisis counselor is what I really want to do. There one thing that is exciting is that I must have a bachelor's degree in mental health, and I must be at least 18 years or older. This sounds like challenging work, but challenging work gets you amazing things.

I cannot wait to see when I become a panic and crisis counselor because I will know that I have carried out what I've wanted to do. It will be a very emotional day for my family because they will be proud. I know I will change lives with this job. I am ready for the challenge.