

When To Seek Professional Counseling

There are times when individuals and families may need professional help in coping with and recovering from changes, loss or stressful times in business or personal life. Counseling is advised before situations reach a crisis or to quickly find direction to help stabilize a crisis.

Persons dealing with one or more of the following issues may benefit from professional counseling.

- Depression and anxiety
- Anger and resentment
- Communication problems
- Premarital and marital counseling
- Difficulty in building and maintaining Satisfying relationships
- Constant worry and stress management
- Coping with chronic illness or stress
- Sexual abuse or trauma recovery
- Impaired thinking or confusion
- Divorce recovery or blended family stress
- Behavioral problems with family members
- Grief and loneliness
- Sleeping difficulties or loss of appetite
- Low self-esteem and self-destructive behavior
- Obsessive behaviors
- Impulsive behaviors
- Child and adolescent issues
- Parenting issues

Asking for help is one of life's most difficult tasks, but is also the first step in change and growth.

Not sure? Call to arrange a free half hour consultation to help you decide.