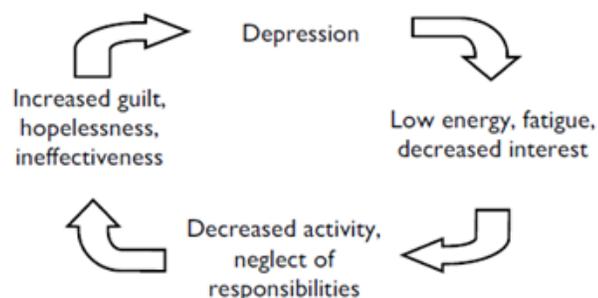


Depression

The Cycle of Depression



General Facts

Depression is a very common, yet highly treatable, medical illness that can affect anyone. About 1 in every 20 Americans get depressed every year. Depression is not a character flaw, nor is it a sign of personal weakness. Depression is a treatable medical illness.

Symptoms include:

- ✓ Feeling sad, blue or down in the dumps
- ✓ Loss of interest in things you usually enjoy
- ✓ Feeling slowed down or restless
- ✓ Having trouble sleeping or sleeping too much
- ✓ Loss of energy or feeling tired all the time
- ✓ Having an increase or decrease in appetite or weight
- ✓ Having problems concentrating, thinking, remembering or making decisions
- ✓ Feeling worthless or guilty
- ✓ Having thoughts of death or suicide

It's time to seek professional help if you are suffering with symptoms that interfere with the quality of your life or your depression is negatively affecting the people you love. Seek help immediately if your depression is causing thoughts of death or suicide. Don't wait!

Depression isn't just feeling "down in the dumps". It is more than feeling sad following a loss or hassled by hard times.

Depression is a serious medical condition that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who have depression.

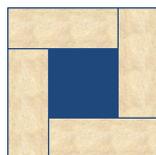
Don't Suffer Through Another Day.

Get Help Now.

Psychological counseling has been shown to be effective as antidepressants in treating many people with depression.

More than half of the people with mild to moderate depression respond well to psychological counseling.

Seeking a Marriage and Family Therapist or other mental health professional to assist with life's difficulties is a sign of courage and a step in the right direction.



INVENTIVE COUNSELING

919.753.6238

If you are looking for extra support and guidance through a challenging situation or are just ready to move in a different direction in your relationships, I look forward to working with you to achieve your goals. Please call or email me for an individual, couples, or family therapy consultation today.

WWW.INVENTIVECOUNSELING.COM