

## You are not alone

More than thirty million North Americans seek help dealing with their problems—such as job worries, marital and family problems, illness or injury, death of a loved one, anxieties, loneliness, or depression. Millions more suffer from stress-related illnesses. Psychologists can help find the solutions to their problems.

### Consider a Psychologist if.....

- You feel helpless and problems do not seem to get better despite your efforts.
- You feel sad or blue, nervous or tense for a prolonged period of time.
- You or others notice changes in your mood or behavior, or a decrease in your ability to carry out everyday activities.
- You are concerned about emotional health of a family member or partner.
- You want to look at your life and make decisions in a different way.
- You want to find ways of changing your life to feel more satisfied.