



Are you experiencing any of the following?

- Persistent sad, anxious, or “empty” feelings
- Lack of motivation
- Difficulty making decisions
- Low self-esteem
- Guilt, worthlessness, or helplessness
- Irritability
- Grief
- Disturbed Sleep
- Chronic fatigue
- Loss of interest
- Suicidal thoughts

We can help!

Tanner Clinic's clinical psychologist, **Dr. Trevor Taylor**