

## 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 helpl