

# CHRONIC PAIN?



# FEELING SAD?



Are you experiencing any of the following?

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...n  
...eping  
...ems including depression, anxiety,  
...ity due to chronic pain

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