



Professional Therapy/Counseling

When to see a Therapist:

1. Others are telling you to call a therapist
2. You feel overwhelmed and are finding it challenging to get through the day like you used to
3. Your marriage (if applicable) feels extremely strained
4. You worry and talk about the same things over and over and wonder if you are wearing your friends and family out
5. You repeatedly find yourself wondering if you should call a therapist
6. Your symptoms of anxiety, sadness, guilt, worry, irritability, sleeplessness, hopelessness, or obsessive thinking are not getting better

Taken from *psychologytoday.com* 6 Signs You May Want to Call a Therapist, June 27, 2015

Suggested practices/tools:

Arbor Clinical Associates, Chicago, IL. www.arborclinical.com

Spring Tree Counseling, Evanston, IL www.springtreecounseling.com

Faith Life Counseling, Bannockburn, IL <https://www.faithlifecounseling.com/>

Ross Peterson, Certified Professional Counselor, D. Min, Des Plaines, IL 847-951-7567

[psychologytoday.com](https://www.psychologytoday.com) therapist finder