



*With all the responsibilities today's woman faces, life can be overwhelming. The good news is that support is available.*

*Shannon Cox*  
COUNSELING CENTER

Do you take care of others before yourself? Are you juggling responsibilities of work, relationships, and kids? Do you need someone to listen and help you deal with it all?

***We are here to help!***



# Women & Depression

- Lack of sleep
- Excessive stress at home or work
- Difficult pregnancy or childbirth
- Marital or relationship challenges
- Hormonal changes
- Persistent sadness
- Loss of interest in ordinary activities, including sex
- Irritability
- Anger
- Chronic low energy
- Difficulty concentrating
- Financial problems

## Let These Opportunities Make a Difference for You

### *Counseling*

Counselors provide support and guidance to help you improve relationships and personal well-being.

### *Case Management*

Our staff provides support and can also connect you with other helpful services in the community.

### *Life-Altering Event Management*

Our trained professionals can help you cope following a traumatic personal experience, no matter how small or how overwhelming.

### *Contact a Counselor at Family & Youth to Learn More*

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