

WHEN SHOULD A PERSON SEEK PROFESSIONAL ASSISTANCE?

Since no two people are exactly the same, the point at which professional help is needed can vary greatly. However, here are some general guidelines. You should seek professional help, when:

1. You see your life falling apart; marital problems, family conflict, loss of friendships, problems at work or school.
2. You suffer chronic physical problems and no organic cause can be found.
3. You are preoccupied with thoughts about the event.
4. You feel desperately lonely and afraid.
5. You are unable to make decisions, and have difficulty concentrating.
6. You have feelings of hopelessness, severe depression, or rage.
7. You are overly reliant on alcohol or other drugs to block pain.