

Getting help

If you suspect that you or a loved one has depression, anxiety, or another form of emotional or psychological distress, it's important to seek help right away. The sooner these symptoms are confronted, the easier they are to overcome. If you're reluctant to seek help, keep in mind that any emotional or psychological disorder is not a sign of weakness, and the only way to overcome it is to confront it, learn how to manage the symptoms and accept this as a part of your life. This process is much easier with the guidance and support of an experienced therapist or doctor, and in most cases where the disorder involves some alteration in the brain chemistry, medication will be beneficial.

It's only natural to want to avoid painful memories and feelings. But if you try to numb yourself and push these things away, it will only get worse. You can't escape your emotions completely – they emerge under stress or whenever you let down your guard; trying to escape emotions is exhausting. The avoidance will ultimately harm your relationships, your ability to function, and the quality of your life.

- **Always know that there are resources available.** Resources are available for you by contacting your doctor, or other health care professional to seek additional resources. You can also contact us here at the Health Department, Division of Mental Health & Substance Abuse, at 815/941-3140.