

DO I “NEED” THERAPY?



6 SIGNS IT'S TIME TO SEEK THERAPY



Psychotherapy/counselling - can assist individual struggling with emotional difficulties, life challenges, & mental health concerns.

We all experience stress, anxiety, mood swings and other forms of emotional distress at one point or another in our lives.

Most of the time, we're able to bounce back eventually. However, sometimes we might need a little extra help to do so.



YOU'VE MANY THINGS TO DEAL WITH RIGHT NOW

You might feel overwhelmed and experiencing prolonged stress about what's going on for you

YOU CAN'T FOCUS ON ANYTHING ELSE

You've been worrying excessively or overly occupied with something, and it's affecting others aspects of your life

YOU CAN'T SHARE YOUR CONCERN WITH YOUR FRIENDS AND FAMILY

Sometimes we need an unbiased, confidential person to turn to

YOU'RE EXPERIENCING BIOLOGICAL CHANGES


Changes in your diet/ mood/sleeping habits

PEOPLE AROUND NOTICE DIFFERENCES IN YOU

Those around you may be seeing things you can't see. It's worth to look into it and work together with your expert

YOU'RE READY TO CHANGE!

Whatever the reason, you're fed up with the way things are and you're motivated to change



"From working out every day challenges to managing personal crises, you can always benefit from working with a counsellor/psychologist."