How can I stop feeling so depressed/anxious/angry, etc?

If you are reading this, you've already taken the first step toward dealing with your painful feelings; acknowledging that you have a problem and that you want to make a change. The good news is that you can feel better, no matter what challenges you face. You can learn about what is causing your pain, and you can begin to make effective changes. The not-so-good news is that it takes commitment and work. Counseling and therapy can help, by providing direction, guidance and encouragement, in a safe, caring and supportive environment. I'm so happy that you are taking this first step, and I invite you to call me for a brief discussion of your situation and how counseling might help you.

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