



We help our clients build  
healthy, stress free lives, and  
safe communities

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# How to recognize that you need help

If any of the following symptoms apply to you, you must see a specialist

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- I am often restless and irritable
  - I am having irregular sleep patterns- either too much or not enough
  - I don't enjoy hobbies, my friends, family or leisure activities any more
  - I have aches and pains that do not get better no matter what I do
  - I can't control my anger
  - I have trouble concentrating or making simple decisions or plans
  - Others have commented on my mood or attitude lately
  - My weight has changed a considerable amount
  - I have had several of the symptoms I checked above for more than two weeks
  - I feel that my functioning in my everyday life is suffering because I am feeling stressed and overwhelmed
  - I have family history of depression and/or mental health illness
  - I have thought about suicide
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