



Would a Counselor Help?

If you have been affected by market volatility and weather disasters this year, and are dealing with stress, anxiety, or depression, talking with a counselor may help.

Mental health is as critical, and critical to, physical health. When someone is exposed to extreme stress and loss in situations, it can lead to mental and physical strains.

The below symptoms are often a sign of these strains:

- Restlessness
- Irritability
- Trouble Falling Asleep, Staying Asleep, or Sleeping Too Much
- Difficulty Concentrating
- Panic Attacks
- Persistent Negative Thoughts
- Loss of Interest or Pleasure
- Poor Appetite or Over-Eating

If you are experiencing any of these symptoms, speaking with a counselor can help. By talking through stresses and concerns, emotional distress can be alleviated and strains can be reduced or eliminated.

Our rural communities often lack in mental healthcare practitioners. In fact, in the entire US, we have less than half of the practitioners needed to meet the demand.

To help solve this problem, many counselors can meet over telehealth (video), providing convenient and confidential therapy and counseling services directly to your home or office. Most insurance covers telehealth appointments in the same way as in-person visits.

If you would like to speak with a counselor but don't know where to start, here is a good resource:
<https://psychcentral.com/blog/10-ways-to-find-a-good-therapist/>.