

TOMORROW STARTS TODAY.



Learning the Symptoms of Depression

Managing both for a Healthy Lifestyle

Woodstock Public Library

Tuesday, November 14th 2017

6:30 p.m. – 7:30 p.m.

Depression has been referred to as the "common cold" of mental illness, and the World Health Organization (WHO) reports that 300 million individuals of all ages suffer from it. If untreated, depression can be debilitating and result in suicide.

Learn about the symptoms of depression, with a particular emphasis on Major Depressive Disorder and Bipolar Disorders. Most important, this talk will cover treatment approaches: counseling, medication, and even technological interventions. A list of local and national resources will be provided to further educate and empower participants, too. Hope and help exists for those who experience depression.



Brian McCallum, Licensed Clinical Professional Counselor (LCPC), serves as Intake Coordinator as well as a clinician at Samaritan Counseling; Samaritan offers hope, help, and healing by providing professional counseling services to individuals, families, and faith communities.

Woodstock Public Library

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815.338.0542 **(Register Today)**

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(Include name and phone number)



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