

**Request A Free Consultation Today**

By Phone: (605) 725-5505

By Email: [info@breakthroughpsychservices.com](mailto:info@breakthroughpsychservices.com)

On Our Website: [www.breakthroughpsychservices.com](http://www.breakthroughpsychservices.com)

**\*\*\*CONFIDENTIAL\*\*\***



## *Not Just "Talk"*

At *Breakthrough Psychological Services* you'll find highly qualified professionals who engage clients in only the **most innovative and scientifically-proven treatment approaches**.

From the first phone call to completion of therapy, the experience is meant to be **private, comfortable, and useful** in an environment that invites non-judgmental collaboration and cooperation between clinician and client.

Please Call, Email, or Go To Our Website To Learn More About What To Expect In Therapy, Request a Free Consultation, or Make Your Appointment Today!

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Directly To The Website**

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Companies Including:

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Health Plan ~ Tricare ~ Dakotacare  
SD Medicaid ~ Wellmark BCBS  
Magellan ~ Humana.... and MORE**

**\*Please Call to Inquire About Other Plans**



# ARE YOU

# NOT

# OKAY?

*I Know Someone  
Who Can Help!*

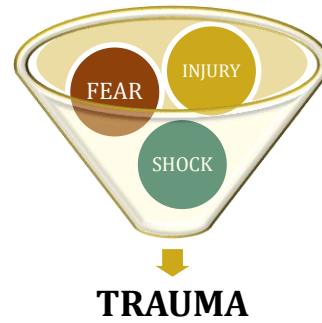
*(605) 725-5505*





### WHAT TO LOOK FOR

- Problems with Sleeping or Eating
- Irritability, Anger, or Recklessness
- Persistent feelings of sadness, guilt, hopelessness, or low self-esteem
- Trouble with concentration, memory, or decision making
- Inability to control negative thoughts such as fear, worry, racing thoughts, or feelings of impending doom
- PHYSICAL SYMPTOMS: nausea, gastrointestinal problems, frequent headaches, muscle tension or pain, heart palpitations, sweating, or chills
- Decrease in energy and fatigue or a loss of interest in activities that used to be enjoyable

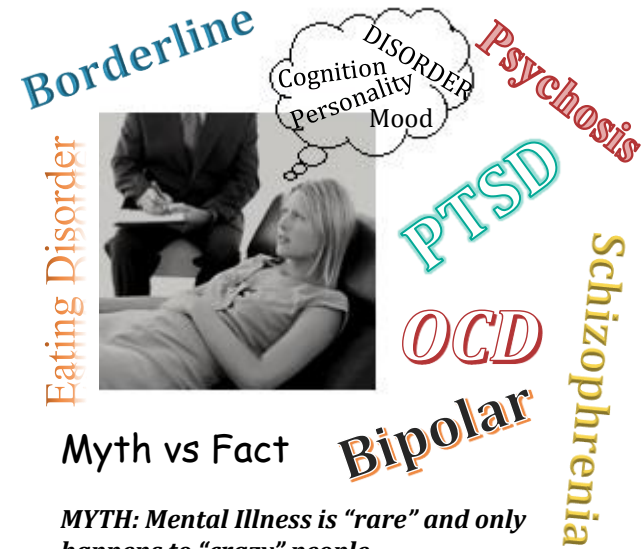


*Physical or Sexual Abuse/Rape, Domestic Violence or Other Physical Attacks, Disaster, Severe Accidents, Unexpected Death, Bullying, Etc.*

*If you've EXPERIENCED or WITNESSED one or a series of highly stressful events & are experiencing ANY of the following, PLEASE contact us or another helping professional...*

- Feeling intense fear, helplessness, loss of control, guilt, or constant worry and uneasiness
- Having nightmares, flashbacks, panic attacks, or other problems with sleeping, eating, maintaining healthy hygiene, or other necessary daily tasks
- Fear of impending doom, death, bodily injury, or other threats
- Isolating from family, friends, or social events for fear of being threatened or harmed

*When you or a loved one are diagnosed with a mental illness, it can be a confusing time and you may feel a variety of emotions ranging from relief to anger. Rest Assured! **This is normal and okay.***



### Myth vs Fact

**MYTH: Mental illness is "rare" and only happens to "crazy" people...**

This is not true. In fact, 50-60 million people are affected by mental illness and it can occur in ANYONE: Men, Women, and Children of all backgrounds

**MYTH: There is little help for someone with a mental disorder...**

While the causes of mental illness are often complex and related to a combination of factors – traumatic events, environmental stressors, genetic factors, chemical imbalance, etc. – the symptoms can usually be detected early enough to respond very well to treatment.

**FACT: THERE IS HOPE AND THERE IS HELP!**

*Breakthrough Psychological Services*