

## WHEN TO SEEK COUNSELING

These are some common symptoms and situations which may indicate the need for counseling:

- [Depression or Discouragement](#)
- [Lack of Motivation](#)
- [Excessive Stress Related to Employment, or Caring for Ill or Aged Loved Ones](#)
- [General Dissatisfaction with Life or Relationships](#)
- [Marital Difficulties](#)
- [Sexual Dysfunction](#)
- [Anger or Bitterness](#)
- [Difficulty Dealing with a Child's Behavior and/or School Problems](#)
- [Drug or Alcohol Dependency](#)
- [Loss or Grief](#)
- [Feelings of Helplessness or Hopelessness](#)
- [Difficulty with Concentration and/or Decision Making](#)
- [Physical Ailments with No Obvious Medical Cause such as Headaches, Pain and Fatigue](#)
- [Difficulties with Appetite or Sleeping](#)

Any time these or similar situations adversely affect your life, or the lives of people you care about, contact [MASTERPEACE](#).

**If you are in crisis, if you are considering suicide or if you believe you might otherwise hurt yourself or someone else, seek help at the nearest hospital emergency room.**

For more information or help, please call:

**MASTERPEACE Center for Counseling and Development**

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