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# When to seek counseling

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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  
308 S Maumee St, Tecumseh, MI 49286 • 517-423-6889 • [www.mpccd.com](http://www.mpccd.com)