

*B is for*

# BEHAVIORAL HEALTH SERVICES



John was working tirelessly at his high profile job in downtown Chicago. He took the Metra every morning at 7:00 AM and often didn't make it home until the last express train to the suburbs. He would frequently lie awake at night, anticipating what the next day would bring. His anxiety level was increasing minute by minute and began to impact how he felt about himself. He was questioning his choices, having thoughts that made him feel "less than" and had a difficult time finding joy in situations that should have been fun.



As John rang in the New Year with his friends and family, he acknowledged that his resolution was to feel better. A friend mentioned to John that she saw an ad for The Counseling Center at The Community House in a local paper. John called the next day and made an appointment with a therapist who was able to see him after work.

Over the course of 6 months, John worked with his Counseling Center therapist addressing his anxiety and depression. Counseling helped John put into perspective his priorities, determine the things in life that brought him joy and how he could affectively achieve a healthy work/life balance. John began to use the tools he was given by his therapist to decrease his anxiety and overcome the challenges he faced that led him to self doubt and depressive thoughts.

John now looks at the big picture in how far he has come and uses the guidance The Counseling Center provided him to manage his anxiety. He is also able to manage his physical health better because his mental health has improved. John now sleeps peacefully and wakes up feeling rested.

*"My anxiety level was at an all time high. I was very stressed and I needed help. Working with my therapist at The Counseling Center helped me gain perspective and I feel 100% better and a lot happier." -*

*John B.*