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**ASPEN
Answers**

by Lori Greer, PsyD

**CAPSULE
SUMMARY**

In recent years, investigations into the biological causes of depression have shown that anti-depressant medications can effectively relieve symptoms in many cases. However, no one should presume that selective serotonin reuptake inhibitors (SSRIs), which target brain chemicals linked with depression, are necessarily a cure-all. One government study shows that fewer than half of people on antidepressants become symptom-free even after trying two different SSRIs.

Moreover, many who find medication to be initially effective slip back into depression within a short time while still taking the drug. Side effects also lead many to stop taking the medication.

Depression should be treated as an illness with many possible causes, some of which can be adequately addressed with psychological therapy.

If you are depressed, it's vital to your health that you get personalized treatment from a qualified counselor, instead of relying purely on medication.

Our counselors can provide you with proven techniques for dealing with your depression, whether or not you take antidepressants. We can also help you if you're wrestling with grief, stress, or anxiety. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Potential side effects of selective serotonin reuptake inhibitors include nausea, insomnia, sexual dysfunction, weight gain, dizziness, and dry mouth.

ASPEN
Family Counseling
www.aspenfamilycounseling.com