


CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	11/12/2012 4:24:54 PM
REP ID:	NT11	LAST RUN:	11/14/12
DESIGNER	cwnbussj	SIZE:	1X9

3 Proof Limit

Tuesday 11/13/12 11:00am



**ASPEN
Answers**

by Kathleen Cook, MS, LMFT

**GOING FROM
BAD TO WORSE**

Like many maladies, depression can get worse if left untreated. In fact, research shows that many people whose depression goes untreated find that their symptoms persist and worsen over time. According to a study involving nearly 350 adults who had been diagnosed with mild depressive symptoms, 62 percent experienced major depression four years later without any intervening treatment. Moreover, those facing major depression experienced lower levels of social functioning and were more than six times more likely than non-depressed individuals to have made one or more visits to a psychiatric emergency room in the preceding year. In light of this study, even mild depression should not be regarded as something that will "go away." Treatment now avoids treatment later.

Clearly, it's vital for your continued well being to treat even mild depressive symptoms right away. Our caring counselors understand depression and can help you feel better with proven techniques and a safe space. In addition, we can also help you if you are dealing with detrimental effects from 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 for an appointment. *Offering you and your family compassionate and professional advice.*

P.S. Even mild depression can lead to alcohol or drug abuse and worsening physical health, which treatment can help avoid.

ASPEN
Family Counseling
www.aspenfamilycounseling.com

This advertising proof may not be reproduced without the express written consent of Capital Newspapers and the payment of the applicable fee.

PLEASE READ ALL COPY CAREFULLY. CHECK SPELLING AND PHONE NUMBERS.

Once proof is approved Capital Newspapers will not accept responsibility for incorrect copy or layout.

CLIENT PROOF B