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**ASPEN  
Answers**

by Barry Erath, MSSW, LCSW

**AN EXAMINATION  
OF BULLYING**

Bullying, defined as being repeatedly teased, hit, threatened, kicked, or excluded by other students, has become the focus of widespread attention. Both those who are bullied as well as those who bully face an array of health risks. According to a recent survey of nearly 6,000 middle-school and high-school students, those involved in bullying in any way are more likely to harm themselves and contemplate suicide. While previous studies have linked bullying to poor grades, substance abuse, and mental health issues, the new research also points to worse home environments for kids with experience with bullying. All these factors point to the complexity of bullying behavior and a greater need to look for signs that may warrant counseling.

Of course if you or your child suffers from bullying at school or work, it's vital that you get counseling for any resulting depression or anxiety. But our compassionate counselors know that depression and anxiety don't always have such an obvious source. We know that depression and anxiety can strike for any reason, and sometimes for no reason at all. We can help you work through whatever is bothering you so you can be healthy again. Call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Rd., Suite 1. Offering you and your family compassionate and professional advice.

*P.S. The study mentioned above points out that those involved in bullying are more likely to suffer abuse from a family member or witness violence at home than kids who were neither bullies nor victims of bullying.*

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Family Counseling  
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