

CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	3/28/2011 7:22:45 PM
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**ASPEN
Answers**

by Barry Erath, MSSW, LCSW

**OF PRIMARY
INTEREST**

Owing mostly to embarrassment, most of the 12 million Americans with clinical depression do not get treated. Instead of going to a mental health professional, those who do seek help often go to their primary care physicians. The problem with this approach is that general practitioners are not always able to identify depression. According to one scientific review of 41 previous studies involving more than 50,000 patients, general practitioners miss cases of depression about 50 percent of the time, and they incorrectly diagnose it in 19 percent of healthy people. These percentages are truly significant because, if left untreated, depression can be debilitating. Thus, it is important to get help for this problem by visiting a specialist in mental health.

If you are suffering from depression, you deserve help so that you can be healthy again. Our compassionate counselors will provide you with a safe space and proven techniques for battling your depression. Through therapy, we can help you redesign your life and emerge with a powerful sense of self, and as a result, the ability to enjoy life in a most rich and meaningful way. 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. According to one estimate, about one in five people in developing nations will experience depression in his or her lifetime.

Aspen Family is pleased to announce the addition of Dr. Brian Vasey, MD, Child Psychiatrist to the staff. He complements Dr. Amy Bourne, MD, General Psychiatrist, and Darcy Steinhorst, PA-C, Physician's Assistant, on our medication assessment team.

ASPEN
Family Counseling
www.aspenfamilycounseling.com