



WANT TO KNOW IF DEPRESSION THERAPY IS RIGHT FOR YOU?

- Has your mood changed, and have you lost interest in things that used to give you pleasure?
- Have friends or family expressed concern about your mood?
- Are you feeling guilty, hopeless and/or worthless?
- Are you losing your temper over minor things?
- Have you experienced a change in appetite: Either a loss of appetite or an increase of appetite?
- Has your sleep pattern changed: Either too much sleep or insomnia or early morning awakening?
- Are you experiencing excessive fatigue or excessive physical pain, such as headaches, stomach aches, etc?
- Have you engaged in reckless, impulsive risky behavior (e.g. excessive spending, gambling, indiscriminate sex, speeding, shop-lifting, etc.)?
- Are you isolating from family and friends?
- Have you experienced difficulty concentrating?
- Have you thought that life is not worth living? And that you would be better off dead?

If you have answered yes to any of these questions, depression counseling may be helpful for you.

Dr. Tamara Sofair-Fisch and Dr. Mark Sofair-Fisch are NJ licensed Psychologist with practices in West Orange (973-669-3333) and Lawrenceville, NJ (609-883-2577). In addition to helping numerous individuals and couples, they teach and train licensed therapists.

To learn more, visit www.RelationshipSolutionsNJ.com

Call us today to schedule a consultation.

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