

# You are not alone.

## WE ARE HERE TO HELP & LISTEN

Depression, Anxiety, Anger, Grief, and Stress are normal responses to a loss during or after an unexpected event, which can happen in response to a loss of life, as well as to drastic changes in daily routines and ways of life.

If you or someone you know is struggling with difficult and unexpected emotions from shock, anger, disbelief, guilt, and sadness from grief, you do not have to go through it alone.

Our Board-certified therapists have extensive experience supporting adults and families dealing with grief and loss as well as everyday stresses of life.



### We can help with:

- Depression/Anxiety
- Anger and Stress Management
- Grief Counseling
- Personal Empowerment
- Post-Traumatic Stress Disorder
- Suicide Prevention and more
- Support Groups

**Call today for Help**

**618-624-5771**

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Learn more at [KarlaSmithBehavioralHealth.org](https://www.KarlaSmithBehavioralHealth.org)  
200 North Lincoln | O'Fallon, IL 62269

