

## **Presbyterian Counseling Center**

**May, 2011**

### **Centerpoint**

***“And you will have confidence, because there is hope.” Job 11:18***

Our National Institute for Mental Health reports that 25% of adults in this country, and 20% of children and adolescents experience symptoms of diagnosable mental health problems. However, because of stigma and misunderstanding, many keep quiet about their symptoms and struggles, and do not want anyone to know they are dealing with such illnesses.

I recently read an article referring to mental illness as the “no casserole sickness.” Instead of the embrace and support of their community – cards and visits and other expressions of love - many with mental illness and their families express feelings of isolation and sadness over how their illness is ignored.

There are things we cannot change in any given situation. Any yet, there are also things that we can influence; different perspectives, ways of coping, and acceptance of that which we cannot change. Counseling and psychotherapy facilitate hope that situations can be improved, acceptance of the individual, and belief that, as human beings, each of us is capable of growth.

The Presbyterian Counseling is a non-profit organization that provides quality counseling and psychotherapy by licensed professionals for the entire community. We welcome everyone regardless of age, financial position, or religious belief.

Jenifer H. Phelps

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***Professional Counseling... Hope and Healing for All.***