



## A-B-C List of Common Mental Health Concerns

**Addiction** such as substance use, and process addictions such as gambling, usually have an unseen comrade, a *co-morbid* mental health ailment, whose purpose it is to self-soothe, numb, and avoid psychological pain.

**Anger and Impulse Control** behaviors can muddle the assessment and treatment of children and adults who are diagnosed with behavioral and mood disorders and require extra care to distinguish the diagnosis from the behavior.

**Anxiety** includes feelings of uneasiness, relentless fears of the future, uncomfortable physical sensations, and intrusive thoughts that steal your ability to focus.

**Career Counseling** is a specialty area of clinical mental health counseling. As much as mental health challenges can interfere with employment, a well-performed job that adds meaning to life can be the beacon that guides your path.

**Depression and Mood Disorders** include feelings of hopelessness and self-loathing, like a heavy blanket lain over the expanse of your life. You may have, dark thoughts, even thoughts of death, believing you are powerless, worthless.

**Intimacy** flourishes in tangible and ethereal realms of emotion, intellect, spirituality, sex, and physical. Building intimacy in a relationship requires first rebuilding trust and restoring deep connections.

**Life Skills Coaching**, including psychoeducation, direction, and flexibility helps bring new goals into focus for individuals who struggle with change/life transition, or mental health challenges, such as social anxiety and ADHA.

**Personality disorders** such as borderline personality disorder have a long-standing reputation for being untreatable. However, each client is the agent of personal change when in the healing and encouraging context of the therapeutic alliance.

**Post-traumatic Stress Disorder (PTSD)** is a body/brain reaction that occurs following one or more traumatic, acute or chronic life events and includes intrusive memories, flashbacks, over-the-top emotions and many other symptoms.

**Trauma**, which often leads to PTSD is caused by innumerable circumstances such as combat, assault, accidents, abuse, illness, domestic violence, and divorce.