BLOG

Not Quite Yourself? 3 Things to Know About Getting Support

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Signs Worth Noticing

- Worry that gets in the way of life
- Pulling away from people you love
- Aches or fatigue with no clear cause

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Help Beyond a Diagnosis

- Life stress and big transitions
- Grief, loss and relationship strain
- Adjusting to a chronic illness

Getting Ready

- Write down your questions
- Think about your goals
- Talk with someone you trust

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Read the full article

Feeling Off? Local Mental Health Support Is Closer Than You Think in West Ashley

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.