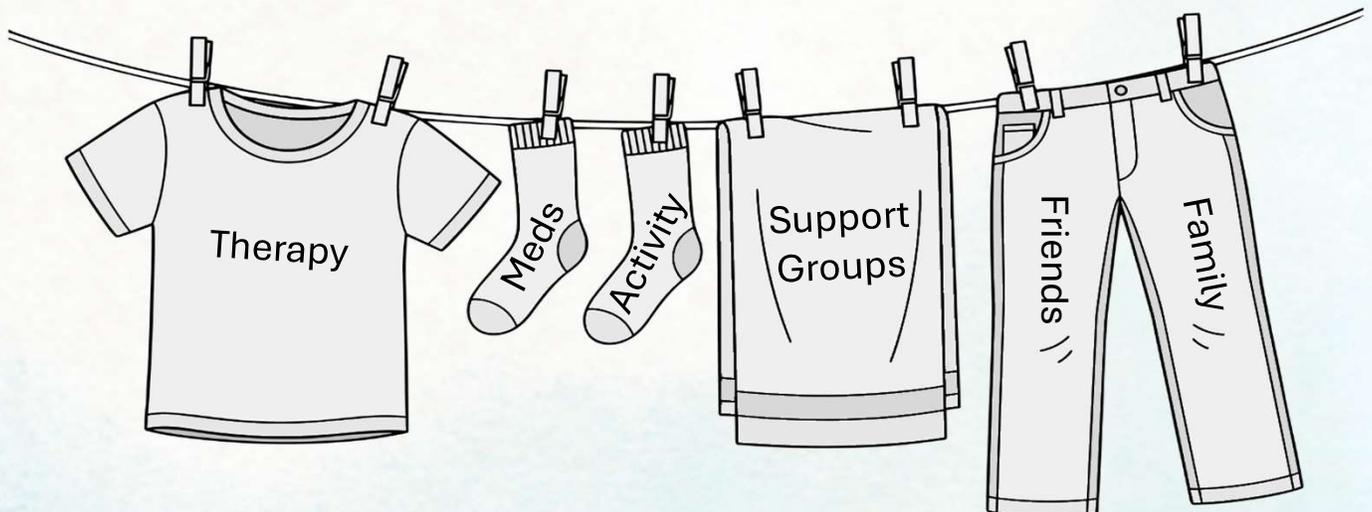


IT'S OK TO ASK FOR HELP

Common Misconceptions About Therapy:

- **It's only for severe cases**
It's also for basic wellness and life transitions.
- **It's just "airing dirty laundry"**
Licensure requires a non-judgmental, ethical approach.
- **It's a sign of weakness or failure**
It's a form of self-care that builds internal strength.
- **It can't help ME**
Millions are helped everyday. Give it a real chance.
- **One appointment will "fix" everything**
Therapy is an active partnership, requiring time and effort.
- **Medication is enough**
Therapy, one important tool among many, can build long-term coping skills, resilience, and behavioral change.



Depression and Bipolar
Support Alliance
West Virginia
State Organization

WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.
For mood disorder support groups, visit DBSAWV.org or call 304-241-1862

