



Dr. Tracy's Counseling Services

19 years of experience

Q: How do I know if I am depressed?

A: Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" for a few days. The feelings do not go away. They persist and interfere with your everyday life. Symptoms can include sadness, loss of interest in activities you used to enjoy, weight gain or loss. A person can have loss of energy and sleep difficulties. It can even include thoughts of death. Depression often runs in families and is much more common in women. Women can also get post-partum depression. Some people get Seasonal Affective Disorder in the winter. Iowa has long and sunless winters, so SAD is very common. There are effective treatments for depression including medications and talk therapy.

Specializing in the treatment of:

Anxiety and Depression

Addictions ~ Trauma and Grief

Relationship Issues ~ General Coping Issues

Parenting a Special Needs Child

Women's Issues ~ Workplace Stress

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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www.DocTracysCounseling.com