

Psychotherapy Referral

Life Coaching is for growth. Therapy is for healing.
Well trained and caring professionals are available at Therapists.PsychologyToday.com

Major Grieving

Is the death of a loved one or other major loss overwhelming you?
See a psychotherapist specializing in grief as soon as possible.

Balancing

Lack of joy?
Increase in sadness?
Feeling hopeless?
Impulsive, numbing, or risky behavior?
Sleeping or eating too much or too little?
Extreme alertness or extreme fatigue?
Intrusive distressing thoughts or violent urges?
Schedule a therapist specializing in your symptoms as soon as possible.

Overcoming Abuse

Remembered a forgotten trauma? See a trauma specialist: Therapists.PsychologyToday.com
If you are currently being abused: 911 emergencies
24/7 U.S. Domestic Violence Hotline: TheHotline.org
(Women: 1-800-799-7233) (Men: 1-888-743-5754)
International Directory of Domestic Violence Agencies worldwide list of helplines

Reconnecting to Life

Believe you don't deserve all good things?
Feel guilt or despair about the death or suffering of others?
Feel isolated or trapped in unbearable pain?
Harming yourself or plan to?

Immediately call 911 in an emergency.
Call the 24/7 National Suicide Prevention Hotline: 1-800-273-8255 (Free & Confidential)

*Your health insurance website or primary care provider
can help you rule out any medical conditions and find a therapist near you that is covered.
Please ask me or a friend if you are need any assistance with this process.*

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