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Adult Problems in Living©

In the course of decades of adult life, almost half of us will experience problems that lead to a mental health crisis that can benefit from psychotherapy. Let's look at some of those problems.

Stress and Burnout: Chronic stress from work, relationships, or other life pressures can lead to burnout -- a state of emotional, physical, and mental exhaustion.

Life Transitions: Major life changes, such as moving, job changes, family conflicts, debt, loss of a beloved pet, or the loss of a loved one, can disrupt your sense of stability and lead to feelings of anxiety or depression.

Relationship Problems: Challenges in relationships, whether with a partner, family, or friends, can profoundly affect your emotional health and lead to conflicts, loneliness, or feelings of disconnection.

Self-Esteem and Identity Problems: Struggles with self-esteem, body image, or identity can impact your happiness and lead to questions about your place in the world.



Work-Life Balance: Finding a balance between work demands and personal life can be challenging, often leading to stress and unhappiness.

Parenting Challenges: The demands of parenting at any stage can be overwhelming. That can impact your mental health and family dynamics.

Psychiatric Problems:

- ❑ Depression: A common but serious mood disorder that affects how you feel, think, and handle daily activities. Symptoms can range from persistent sadness and loss of interest in activities to significant impairment of daily life.
- ❑ Anxiety Disorders: Includes panic disorder, generalized anxiety disorder (GAD), and social anxiety disorder, characterized by persistent and excessive worry or anxiety that interferes with daily activities.
- ❑ Bipolar Disorder: A disorder associated with episodes of mood swings ranging from depressive lows to manic highs, affecting energy and activity levels and the ability to get along in major areas of life, such as work and family.
- ❑ Obsessive-Compulsive Disorder (OCD): Characterized by unwanted and intrusive thoughts (obsessions) and repetitive behaviors (compulsions) performed to address those thoughts.
- ❑ Post-Traumatic Stress Disorder (PTSD): Can occur after experiencing or witnessing a traumatic event, leading to severe anxiety, flashbacks, and uncontrollable thoughts about the event.
- ❑ Eating Disorders: Includes anorexia, bulimia, and binge-eating disorder, involving severe emotions, attitudes, and behaviors surrounding weight and food issues.
- ❑ Substance Use Disorders: The compulsive use of substances despite harmful consequences, which can significantly impact one's health, relationships, and responsibilities.

Psychotherapy

Recognizing the need for help is a significant first step towards healing and growth.

Psychotherapy offers a confidential and supportive environment to explore these adult life challenges, develop coping strategies, and work towards a more fulfilling life. Much of the work is based upon changing patterns we have developed over a lifetime, patterns which are not helpful in our present lives.



We use evidence-informed therapies. Yes, psychotherapy is a practice that has been evolving for 130 years and for which we have numerous techniques matched to specific problems. We have many decades of research behind therapeutic work.

Our team of compassionate professionals is here to support you through every step of your journey. Remember, seeking help is a sign of strength, and we are committed to providing a space where you can find understanding, healing, and hope.

If you or someone you know is experiencing any of these issues, we encourage you to reach out for support. Contact us today to learn more about our services and how we can help you navigate the path to better mental health. Together, we can work towards a healthier, happier you

Call 414-540-2170.

Please read our other articles on this page about adult problems.

**Mental Health Matters – Recognizing When to Seek Help
Psychotherapy Helps Develop Psychological Skills for Effective Living
The Importance of Professional Help**

