



Our Monthly eNewsletter: Fall 2016

Fall is upon us and I have to say, the fall colors are beautiful here in Wausau, Wisconsin. Welcome to the current edition of our monthly e-Newsletter. We hope that you will take time to read our monthly newsletter and complete our survey which helps us to stay in touch with you. Your communication back to us is helpful in our planning and provision of quality services here in Central Wisconsin.

[Visit our Website](#)



Depression Awareness

It has been said before that depression and anxiety are the common cold of mental health issues. Chances are you know multiple people who have battled depression and you yourself may have as well. In keeping with the theme of awareness, here are some quick stats about depression taken from the Anxiety and Depression Association of America (ADAA).

Did you know that depression...

- Is the leading cause of disability in the U.S. for people ages 15 to 44.3
- Affects more than 15 million American adults, or about 6.7 percent of the U.S. population age 18 and older in a given year.
- While major depressive disorder can develop at any age, the median age at onset is 32.5
- More prevalent in women than in men.

Potential symptoms of Depression may include:

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities, including sex
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain for which no other cause can be diagnosed.

You might be asking, what do I do? If you believe that you or loved one may be dealing with depression or some other mental health issue, take this free anonymous screening by [clicking here](#). It is provided by mentalhealthscreening.org.

After taking the screening, if you are concerned for yourself or someone else, we have very competent and experienced mental health counselors available for you to talk with. Contact us by [clicking here](#). Other things you can do include: consistently exercising, maintaining a healthy diet, getting the right amount of sleep, spending time with friends or family, and talking to a counselor today!

Save the Date: Feb. 25, 2017

The Center for Family Development's **Annual Marriage Conference** will be on **Saturday February 25, 2017 at Highland Community Church in Wausau, WI**. Featured presenters will be Dave and Ann Wilson. Their practical and humorous style has uplifted thousands for over 30 years. Complete our survey and be automatically registered in a **drawing** to win two tickets for free admission. (Drawing on Feb. 6th, 2017). Learn more about our speakers, [Click here](#).

[Take the Survey](#)



Meet Our Staff: Missy Wegner

Please join us in congratulating Michelle (Missy) Wegner for obtaining her license as an Licensed Professional Counselor (LPC). It is a big accomplishment to complete the hours, training, and necessary supervision in order to become an LPC. Everyone here at CHD is very proud of your accomplishment. Keep up the good work, Missy.

She says this about her counseling work, *"Working in the field of mental health has been very gratifying and humbling as a professional. Connecting with clients on a personal level who desire true self-examination and inner healing is a unique and extremely rewarding experience."*

Missy sees clients in our Tomahawk location. Check out Missy's full Bio's by [clicking here](#) and make an appointment today.



Counselor's Corner

Please check out our most current blog by Dawn Schroeder on **Effective Communication for Dealing with Conflict**. This blog will give you some very practical communication tools you can begin using in all of your relationships right away. To read the full blog [click here](#).



*For your convenience we have offices in Wausau, Stevens Point and Tomahawk!
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