When should you or someone you care about seek counseling

✗ Changes in an individual's usual behavior
✗ Increasing irrational or aggressive behavior
✗ Seeming sad or depressed
✗ Increased isolation or withdrawal from people
✗ Lack of energy
✗ Odd behavior or speech
✗ Sudden decline in school performance
✗ Changes in personal hygiene and/or dress
✗ Increased anxiety
✗ Sudden changes in behavior
Abuse of alcohol/drugs

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