

Overcoming Depression



Service	Description	Benefits
Core Assessment & Planning	Understanding your experience is where healing begins. Your counselor takes the time to gently explore your mood symptoms, their severity, how they affect your daily functioning, and any safety concerns. This process ensures support is grounded in your unique reality, listening to how depression impacts your life.	Helps identify individual challenges, sets personalized goals, and provides a foundation for recovery tailored to your specific needs.
Evidence-Based Treatment Approaches	Uses Cognitive-Behavioral Therapy (CBT), behavioral activation, and interpersonal work to address negative thought patterns, rebuild momentum, and restore meaningful connections affected by depression.	Proven approaches ensure clarity in recovery, focus on reconnecting with activities and relationships, and provide tools to address isolation or conflict.
Practical Skill Development	Focuses on building real-world tools to manage challenges, develop coping strategies, and prevent setbacks through psychoeducation and relapse prevention planning.	Equips you with effective strategies for difficult moments, helps in spotting early warning signs, and ensures sustained progress in recovery.
Ongoing Support & Safety	Your wellbeing is carefully monitored throughout treatment, including safety and suicide-risk assessments when necessary. Flexible therapy options allow for family involvement to create a strong support system.	Ensures safety as a priority, enables sustained guidance, and helps reconnect with values and activities to maintain a balanced and fulfilling recovery process.
copyright	https://www.new-hope-counseling.com	contact us