


**One in five Americans are depressed** or unhappy, and report high levels of stress, anxiety or sadness.

**Depression affects** the way you eat and sleep, your self concept, your ability to function effectively and your perception of circumstances and experiences. Therapy can help identify and challenge these negative styles of thinking and the behaviors associated with depression. **We can help you** change these thoughts and feelings.



**Creating a healthy  
environment  
for change...**



**ARIZONA  
BEHAVIORAL  
HEALTH  
ASSOCIATES, P.C.**

710 N. Beaver Street, Bldg 2-2  
Flagstaff, AZ 86001-3145

**(928) 774-7997**

**Please call us to schedule a  
complimentary intake appointment  
to start making positive changes  
in your life.**

info@psychotherapy.com  
**Psychotherapy.Com**