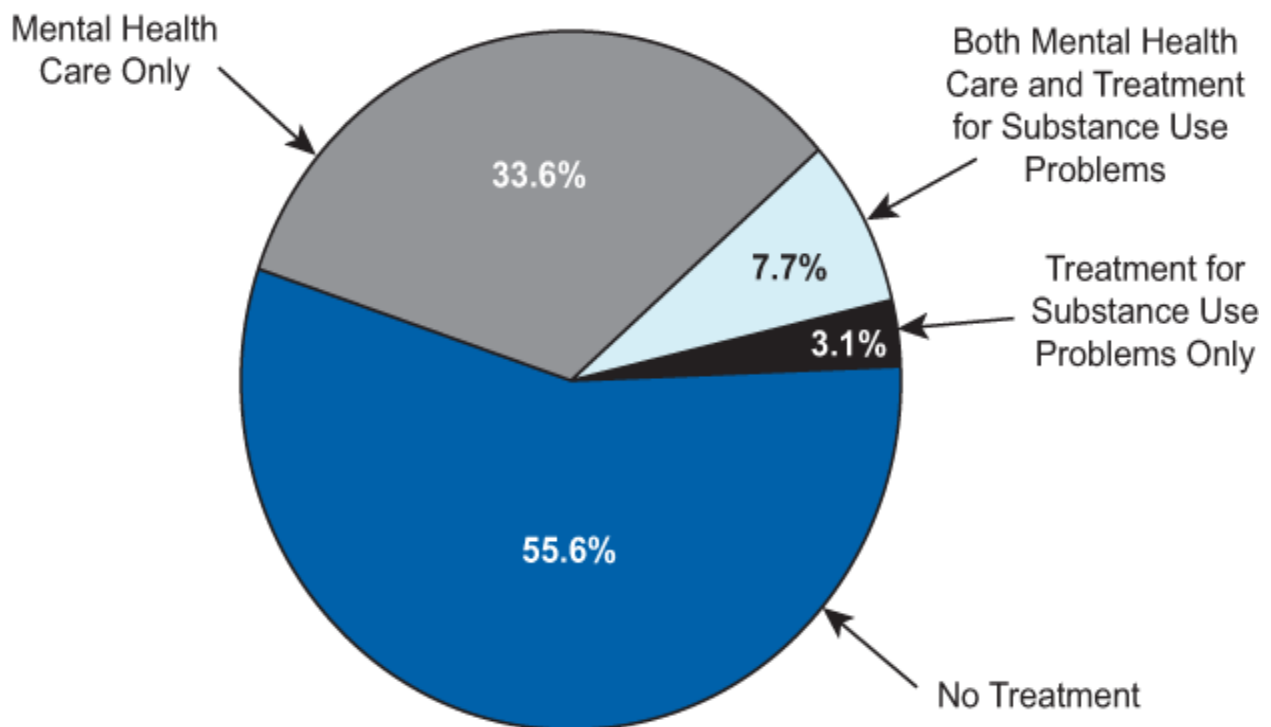




Modern Lifestyle Effects Our Mental And Physical Health

As our lives become even more hectic as time passes more and more people seem to be passing the threshold of frustration into depression and effects [mental and physical health](#). In Life Matter Consultancy [Psychological treatment for depression](#) begins with an assessment session, in which you will be encouraged to look at your problems and develop an understanding of your problems, once you realize exactly what is causing your depression it will be easier to treat .Once the underlying problem has been pin-pointed, a plan will be developed for you collaboratively with an estimated number of sessions together with a review date, should this be appropriate. For more info visit us at - <http://www.lifemattersconsultancy.com/>



9.2 Million Adults with Co-Occurring
Mental Illness and Substance Use Disorder