



PHYLLIS JONES, LCSW
PSYCHOTHERAPY AND COUNSELING SERVICES OF CHICAGO

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Emotional issues such as fear, anger, depression, and anxiety can make it impossible to find inner peace, feel happiness, and achieve success. Therapy is a tool that can help you find your way out of the maze of pain and powerlessness that you might be experiencing.

We all have pain in our lives. Childhood events, work stress, relationship issues, family problems, and even social upheaval can have profound effects on how we feel about ourselves and the world around us.

COMMON REASONS TO SEEK THERAPY

How are you feeling?

- Afraid
- Insecure
- Paranoid
- Angry/Bitter
- Isolated
- Spaced-out
- Anxious
- Lonely
- Stressed-out/Tense
- Depressed
- Out of control
- Unlovable



What do you think about your life?

- Lack of goal achievement
- Nothing is good enough
- Lack of love and social connections
- Unfulfilling

How are you living?

- Abusing drugs
- Coping with a medical condition
- Caring for a sick child or parent
- Drinking too much
- Failing in school
- Being abused or mistreated
- Eating too much or too little
- Grieving for the loss of a loved one
- Experiencing parenting difficulties
- Feeling sick most of the time
- Having difficulties at work
- Going through a divorce
- Shirking responsibilities
- Living with chronic pain
- Living in an unhappy relationship
- Not enjoying any aspect of life
- Struggling with ADHD
- Struggling with family discord
- Not sleeping enough or sleeping too much

If you are hurting, you are not alone. Let's arrange a time to talk — at no cost to you — about what you are going through. Together we can work on the issues that are blocking your path to peace, happiness, and success.

TO CONTACT ME:

If you are in emotional turmoil, therapy is not an option. **It's a necessity.** Don't continue to let your life slip away from you. Call me today.

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THERAPY CAN HELP YOU:

- Resolve acute or longstanding psychological symptoms
- Understand what makes you tick
- Feel good about yourself
- Develop healthy ways of coping with your issues
- Make better relationship choices
- Manage stress
- Change your unhealthy, self-destructive patterns

Therapy also provides a safe and private place for you to express your deepest feelings without the worry of being judged.

A Note about this Site

The information listed on this site is not a substitute for professional mental health care. Always consult your physician or a mental health care provider regarding medical or mental health conditions.