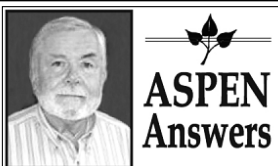


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**3 Proof Limit**

PROOF DUE BY 11 AM  
TUESDAY, OCTOBER 11



by Joseph Huber, MSW, LCSW

**CARING FOR CAREGIVERS**

Providing care for a spouse, family member, or friend with a debilitating injury or degenerative disease can be an arduous task for caregivers. Without getting help for themselves, people charged with the responsibility of caregiving become increasingly vulnerable to both physical and mental problems of their own.

Thus, it comes as troubling news that a recent survey shows that one in four caregivers report that they suffer from depression (as compared to 9% of all Americans that are estimated to suffer from depression). The survey also found that one-third of family caregivers spend more than 30 hours per week in that role. Mental health professionals urge caregivers not to overlook their own needs and seek help when they need it.

If you are suffering from depression—whether it's from your role as a caregiver or for any other reason—you deserve to be healthy again.

That's why you should call our office for an appointment. Our caring counselors provide a safe space and proven techniques for you to help deal with your depression and come into the light again. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

*P.S. Without help, some caregivers are confronted with a 24/7 task of caring for an infirm loved one, which is unsustainable.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)