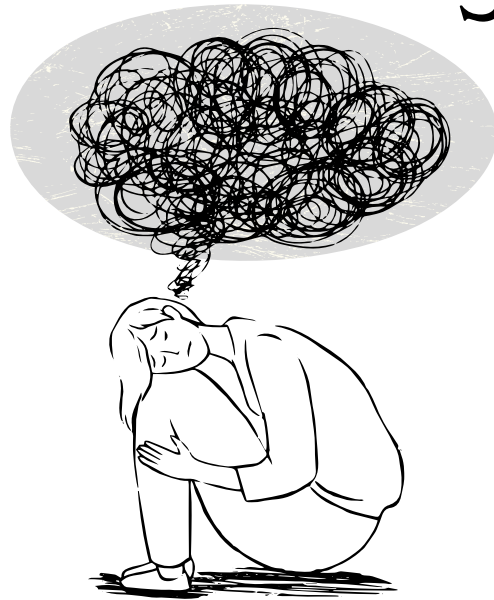


# When Everything Starts to Feel Heavy



*You might be feeling tired all the time, lose interest in things you used to enjoy, feel low, numb, or stuck, sleep too much or too little, or pull away from people. Everyday life can feel harder than usual...*

You are not alone. Many people go through periods like this. Feeling this way is not a personal failure, and things can improve with the right support.

**BelMind Therapeia** offers virtual counselling by phone or secure video anywhere in Ontario. You can talk at your own pace about depression, trauma, anxiety, anger, stress, addictions, relationships, or other life challenges. Eligible First Nations and Inuit clients may be covered through NIHB.

**BELMIND THERAPEIA**

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