

When to Seek Help...

Therapy is helpful when a person is struggling with daily life adjustments, finding life difficult to manage, in need of a higher level of care, or diagnosed with mental illness.

- Experiencing difficulty with a life transition
- Inability to meet the demands of family, job, education or social responsibilities
- Lack of support system
- Dysfunctional family unit
- Motivation for treatment is good
- Inability to control emotions, thoughts, or actions
- Decline in mental health
- Suicidal or homicidal thoughts
- Thoughts of Self-harm
- Failed treatment attempts
- After a traumatic experience
- Impaired thought, mood or behavior
- Diminished care for self
- Need for treatment requiring therapeutic monitoring
- Needs outpatient care or intervention
- Those with a mental health diagnosis

We offer services for...

- Abuse Survivors
- Adoptive Issues
- ACOA-Adult Children of Alcoholics
- Anger Management
- Anxiety
- Attachment Disorders
- ADD-ADHD
- Bereavement Issues
- Blended Families
- Christian Counseling
- Conflict Resolution
- Co-Dependency
- Depression
- Divorce Recovery
- Grief Recovery
- Intimacy Issues
- Marriage Counseling
- Obsessive-Compulsive Disorder OCD
- Parenting
- Panic Attacks
- Perfectionism
- Personality Disorders
- Phobias
- Post Traumatic Stress
- Pre-marital Counseling
- Postpartum Depression
- Self Esteem Issues
- Sexual Addictions
- Suicidal Thinking
- Testing & Assessments

Contact our office for a complete list of services.

Rosario Counseling & Associates
809 Spring Forest Rd., Suite 1000
Raleigh, North Carolina 27609
(919) 649-5882

manager@rosariocounseling.com
rosariocounseling.com