



Bored with the routine?

Sometimes you are less effective in your job and you just don't feel like yourself.

Losing interest in things you used to enjoy, slowed thoughts, lack of concentration and forgetfulness – these are all signs of depression.

One in six people will experience depression in their lifetime. You're not alone.

It doesn't have to be unbearable. There's help.

Visit RightDirectionForMe.com and get started on the path to wellness.

