

**Question 14: What are some final thoughts you would like to share about Therapy and mental health in general?**

Therapy can be a life changing event. The positive benefits that can be gained are priceless. We all have had events in our lives that have left their mark on us. If we do not give ourselves the opportunity to look at what has happened to us and how it may have had a negative impact in our lives, we are not able to live our lives to the fullest. We all deserve to be happy and empowered so we can have joyful lives. We also deserve to have as much love in our lives as possible. If there are issues that impede us from having this, coming to therapy is a very small price to pay for the reward. There will be times in all of our lives when we can use a helping hand. Don't be afraid to reach out to get some help to get you over those bumps in the road or to put the pieces of your life's puzzle together. It will very likely be the best investment you have ever made.