

## Self Help

Everyone can use a little advice from time to time. The trouble is, these days it's hard to find the time to seek help, so more people are finding ways to help themselves. The Self Help industry is big business and getting bigger every day, with television programs, books, software, vacation retreats and more resources available everywhere.

The Internet is an excellent place to find self-help resources. You can find information quickly and easily on the web, for any issue you might be facing. It's easy to surf the Net and find information on diet, depression, substance abuse, motivation, relationships and more. Best of all, the Internet is a confidential resource.

Many self-help services are also available through the Yellow Pages or your local phone directory. Groups such as Alcoholics Anonymous and Narcotics Anonymous are listed by name. If you're not sure who to talk to or where to look, your local mental health center or health care provider can help you find information and assistance.

Locating the resources you need is the first step to solving a problem. Once you've found the self-help tools to help you succeed, it's time to get busy. Read the materials, understand the issues at hand, and take the necessary steps to finding a solution. Simply gathering a stack of brochures or bookmarking a few Internet sites won't help if you don't put forth the effort to help yourself.

You may have to do some extra homework to find the best self-help resources for your particular situation. If you try a self-help plan but find it isn't working for you, don't give up. There are many others to choose from, so keep looking until you find your perfect match. It's important to find an information source that you trust, and not to take any bad or misleading advice.

Self-help subjects can be serious and often embarrassing issues, so it's hard for people to ask for the help they need. You should know that resources are available to help you overcome most any issue you may have#or at least learn to deal with the problems at hand. It takes courage to reach out for help, and to search for answers from within your self. Start seeking the help you need today, and start living better tomorrow.