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**Meta Description:** Unemployment and depression are often found together, as job loss often leads to mental health issues. Read our blog post to learn more.



## Unemployment And Depression: How to Manage Mental Health After A Job Loss

The recent barrage of federal layoffs has sparked panic among federal employees and their families. Every day, it seems like more workers are being laid off, and one recent report showed 30,000 people have been impacted so far.

And that's only on the federal level. These job losses could have a ripple effect: As these individuals lose a steady income, other companies could feel the economic impact—which may then lead to layoffs in the private sector.

All of this is an important reminder: Unemployment and depression (and mental health in general) are closely linked, even when you've left a [toxic workplace](#).

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## Research On Unemployment And Depression

Numerous studies have shown the dramatic impact unemployment can have on someone's mental health—especially when they're the primary breadwinner and feel additional pressure to earn for their families. In fact, research shows [financial stress and debt are positively associated with depression](#).

Some of the most revealing statistics:

- 56% of people who are unemployed experience increased emotional and mental health conditions, such as depression and anxiety. (Source: [Pew Research Center](#))
- Unemployed individuals are nearly twice as likely to be depressed as their employed counterparts. (Source: [Gallup](#))
- One study found depression rates were three times higher for unemployed emerging adults (those 18-25 years old) compared to their employed peers. (Source: [Emory University](#))

Further complicating issues: Unemployment and depression don't exhibit only one symptom. Those in search of a new job may suffer from:

- low self-esteem and feelings of worthlessness
- a reduced sense of purpose
- feelings of stress, anxiety, or overwhelm
- reduced focus and motivation
- reduced enjoyment of daily activities

Left unattended, these could spin into more dangerous mental, emotional, and physical symptoms. Fortunately, however, many who find new jobs often report a boost in their mental wellbeing—so sometimes the best way to combat unemployment-related depression is to continue on the job search.

## Pittsburgh Resources For Unemployment

We frequently point our clients to a variety of different resources to combat unemployment. Some of them include:

## 1. Pennsylvania Women Work

Despite its name, this organization actually supports both men and women, and it's a resource for helping individuals find their next job through:

- job search assistance
- professional mentorship
- one-on-one career development
- workforce re-entry assistance

It's a powerful resource in the Pittsburgh region, and it's earned a reputation for helping individuals enter financially and emotionally fulfilling career paths.

[Visit the Pennsylvania Women's Work website.](#)

## 2. Breaking the Chains of Poverty

Led by the Pittsburgh Chapter of the A. Philip Randolph Institute, Breaking the Chains of Poverty is a program that helps individuals develop new life skills (like financial literacy) and trade skills (like carpentry framing and mold remediation) so they can become self-sufficient members of society.

Ideal for former convicts and anyone who needs a hand, guarantees interviews with local unions—provided members earn high enough grades on their exams.

[Visit the Breaking the Chains of Poverty webpage.](#)

## 3. PA CareerLink

PA CareerLink offers job search assistance, career counseling, skill assessments, training opportunities, apprenticeship information—and more. It's a terrific resource for individuals who have recently become unemployed and need some extra support in their new job search.

[Visit the PA CareerLink website.](#)

## 4. Financial Advisors

As a major city, we have plenty of talented financial advisors throughout Pittsburgh. Despite the options, we often refer people to one of two financial professionals:

- [Colton Weckerly, New York Life](#): Colton specializes in helping young families and new investors build long-term wealth, and he'd be especially adept at helping low- and middle-income families make tough decisions after a recent job loss.

- [Jim Greno. Compass Wealth Management](#): Jim specializes in working with high-income couples and families, and he can help these individuals weigh their options after becoming unemployed.

## Therapy Is Good For Unemployment & Depression

### 1. Crisis Management

Use therapy to develop mental and emotional stability.

### 2. Emotional Regulation

Find new, impactful strategies for reducing stress.

### 3. Reframing Negative Thoughts

Battle negative self-perceptions while building self-esteem.

### 4. Career Counseling

Your therapist can assist in setting goals and accessing resources.



**My Wellness Center**

*Learn more at*  
[mywellnesspgh.com](http://mywellnesspgh.com)

## Therapy for Unemployment and Depression

While searching for a new job and developing new skills are the most direct solutions to overcoming unemployment, therapy is often an essential step in maintaining mental health

during this challenging time. Job loss can bring feelings of grief, anxiety, and even a loss of identity—especially if a person’s self-worth is deeply tied to their career.

Therapy provides a structured environment to process these emotions, develop resilience, and reframe negative thoughts. It can also help individuals set realistic goals, build confidence, and regain a sense of control over their lives.

Here are some of the biggest benefits of therapy for unemployment:

## 1. Crisis Management & Immediate Emotional Support

Losing a job can feel like an emotional freefall, but therapy can help stabilize your mindset. A therapist can help you work through pressing concerns, such as:

- How do I handle the immediate financial stress?
- What career path aligns with my skills and interests?
- How do I set short-term and long-term goals to move forward?

This stage of therapy often involves practical strategies, such as budgeting assistance (evaluating expenses, cutting non-essentials like Starbucks, etc.) and discussing what constitutes a living wage for your situation.

Additionally, it’s an opportunity to reflect: Did you truly love your job? Losing a job can be an opportunity for self-discovery, allowing you to explore career options that may be more fulfilling or better aligned with your passions.

## 2. Emotional Regulation & Stress Reduction

Unemployment can trigger a rollercoaster of emotions—fear, frustration, sadness, and even anger. Therapy provides tools for managing these feelings in a healthy way. Techniques such as mindfulness, cognitive behavioral therapy (CBT), and guided breathing exercises can help prevent emotional distress from spiraling into long-term anxiety or depression.

For those struggling with deep-seated anxiety related to job loss, [Eye Movement Desensitization and Reprocessing \(EMDR\)](#) can be a particularly effective tool. Originally developed for PTSD, EMDR helps individuals process distressing experiences, such as the trauma of an unexpected layoff, by using bilateral stimulation (such as guided eye movements) to help rewire negative thought patterns.

## 3. Reframing Negative Thoughts & Building Confidence

One of the biggest emotional challenges of unemployment is battling negative self-perceptions. Common thoughts include:

- “I’m not good enough.”
- “I messed up.”
- “I’m a failure.”

These thoughts can erode confidence and make it harder to approach the job search with a positive mindset.

[Gestalt therapy](#) can be particularly helpful in breaking free from these negative loops. Gestalt techniques, such as the empty chair exercise, encourage individuals to externalize self-doubt and challenge their inner critic. By addressing these thoughts directly and reframing them into positive affirmations—“I am skilled, I have value, and I will find a new opportunity”—individuals can rebuild their self-worth and approach the job market with renewed confidence.

Additionally, CBT (Cognitive Behavioral Therapy) can help identify and restructure self-defeating thought patterns, turning them into more productive beliefs that encourage action and resilience.

#### 4. Career Counseling & Goal Setting

Therapists who specialize in career counseling can provide guidance on:

- Identifying transferable skills and strengths
- Exploring new career paths or industries
- Setting realistic and achievable job search goals
- Managing rejection and maintaining persistence

For some, therapy can even lead to a career pivot, whether that’s starting a business, returning to school, or pursuing a more passion-driven job. A therapist can help you navigate these decisions while providing support through the ups and downs of the job search process.

### Find A Pittsburgh Therapist

If you’re looking for a Pittsburgh therapist who can guide you through your unemployment journey, [contact us!](#) We’ll prove you with the skills and resources to stay focused and mentally healthy as you continue your job search.

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### Social Media

**Image:**

# Therapy Is Good For Unemployment & Depression

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**Copy:**

If you or a loved one have recently become unemployed, therapy could help. Read our latest blog to learn more: **[LINK]**

**Meta Description:** The LGBT+ community faces higher levels of mental health issues, and our team can provide a variety of solutions to lend support. Read our blog to learn more.



## Mental Health in the LGBT+ Community: Challenges, Solutions, and the Role of Therapy

Mental health struggles are a widespread issue, but they are disproportionately experienced by LGBT+ individuals. Many members of the community face unique challenges, including discrimination, societal rejection, and internalized stigma, all of which can contribute to anxiety, depression, and other mental health conditions.

Despite these obstacles, mental health support is more accessible than ever, and there are ways for LGBT+ individuals to improve their well-being. Therapy—specifically Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT)—can be transformative.

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How Therapy Can Benefit Members of the LGBT+ Community  
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## Statistics on Mental Health in the LGBT+ Community

Understanding the scope of mental health struggles within the LGBT+ community is crucial for addressing them. Research consistently shows higher rates of mental health issues among LGBT+ individuals compared to their heterosexual and cisgender counterparts.

### Mental Health In The LGBT+ Community

**41%**

of LGBT+ youth have seriously considered suicide.

**86%**

of LGBT+ youth have been harassed or assaulted at school.

**40%**

of LGBT+ adults have been rejected by a family member or close friend.

**56%**

of LGBT+ members who wanted mental health care in the last year were unable to get it.



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Sources: National Alliance On Mental Illness and the Trevor Project



Here are some key findings:

- 41% of LGBT+ youth have seriously considered suicide, with transgender youth reporting even higher rates. (Source: [Trevor Project](#))
- 86% of LGBT+ youth have been harassed or assaulted at school, according to a 2019 survey (and they're also more likely to experience [sexual assault](#)). (Source: [National Alliance On Mental Illness](#))
- 40% of LGBT+ adults have experienced rejection from a family member or close friend, according to a 2013 survey. For related reading, check out [How to Deal With Family Around the Holidays](#). (Source: [National Alliance On Mental Illness](#))
- 56% of LGBT+ members who wanted mental health care in the past year were unable to get it. (Source: [Trevor Project](#))
- LGBT+ adults are more than twice as likely to experience a mental health condition compared to heterosexual adults. (Source: [National Alliance On Mental Illness](#))

While these statistics highlight the challenges faced by LGBT+ individuals, they also reinforce the importance of taking proactive steps to safeguard mental well-being.

## Ways to Improve Mental Health As A Member of the LGBT+ Community

While systemic challenges persist, there are tangible steps LGBT+ individuals can take to support their mental health, including:

### 1. Find an Inclusive Support Network

Having a community of people who understand your experiences can make a huge difference. Whether it's local LGBT+ support groups, online forums, or chosen family, connecting with people who accept and support you can be a powerful antidote to loneliness and rejection. This may become increasingly important as [US politics increase anxiety](#).

### 2. Prioritize Safe Spaces

Not feeling safe—whether at home, work, or school—can cause chronic stress and anxiety. Identify and engage with environments where you can be yourself without fear of judgment. Apps like Everywhere Is Queer can help LGBT+ individuals find inclusive businesses and safe spaces.

**Related Reading:** [Social Justice And Mental Health: How Therapy Can Help](#)

### 3. Develop Coping Strategies for Anxiety and Depression

Managing mental health involves adopting healthy coping mechanisms. Some helpful strategies include:

- Mindfulness and meditation to help regulate emotions.
- Physical activity to boost mood and reduce stress.
- Creative outlets like journaling or art to process emotions.

### 4. Seek Professional Support

Even with strong personal coping mechanisms, professional mental health support can be a game-changer. Therapy can help individuals process trauma, develop resilience, and build a healthier self-image while also building [post-traumatic resilience](#).

## How Therapy Can Benefit Members of the LGBT+ Community

Therapy provides a space for LGBT+ individuals to navigate identity, relationships, and mental health challenges. Two particularly effective approaches are Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

### Dialectical Behavior Therapy (DBT)

DBT is a structured, skills-based therapy that can be especially helpful for LGBT+ individuals dealing with emotional distress, anxiety, or trauma. DBT teaches:

- **Emotional Regulation:** Helps individuals manage overwhelming emotions, which is crucial for those facing rejection or identity struggles.
- **Distress Tolerance:** Equips individuals with coping skills to handle crisis situations without destructive behaviors.
- **Interpersonal Effectiveness:** Strengthens communication and boundary-setting, which can be especially helpful in navigating strained family relationships or difficult social dynamics.
- **Mindfulness:** Encourages individuals to stay present and avoid spiraling into negative thought patterns.

DBT is particularly effective for LGBT+ individuals experiencing trauma, self-harm tendencies, or severe anxiety.

### Acceptance and Commitment Therapy (ACT)

ACT focuses on acceptance, mindfulness, and value-driven action. It's particularly beneficial for LGBT+ individuals who struggle with:

- Self-acceptance and identity struggles
- Internalized shame or societal pressure
- Anxiety and depressive thoughts related to rejection or discrimination

ACT helps individuals:

- Accept their thoughts and emotions without judgment. Rather than suppressing negative emotions, ACT encourages people to acknowledge them and move forward.
- Commit to actions that align with personal values. Instead of being held back by fear or self-doubt, individuals can take steps toward a meaningful and fulfilling life.

For LGBT+ individuals struggling with self-worth, fear of coming out, or finding meaning in life despite challenges, ACT can be a powerful tool for self-empowerment.

## Find LGBT-Friendly Therapists In Pittsburgh

If you're looking an LGBT-friendly therapist in Pittsburgh, [contact us](#)! We can connect you with an experienced, compassionate ally, including:

- [Audrey Wrobel, LCSW](#)
- [Damien Gabis, LCSW, MSW](#)
- [Emily Cullen, LSW, MSW](#)
- [Jen DeLosa, LAPC](#)
- [Jess Schiermeister, LSW, MSW, C-DBT](#)
- [Kelly O'Connell, LPC, MPC](#)
- [Dr. Maura Fascetti](#)
- [Michelle White, LCSW, MSW](#)
- [Pat McGowan, LPC, NCC](#)
- [Tomi Ward, LPC, MPC](#)

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Sources: National Alliance On Mental  
Illness and the Trevor Project



**Copy:** Mental health issues are much more common among the LGBT+ community—and so are reports of harassment and sexual assault. Read our latest blog to learn more: [\[LINK\]](#)

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**Meta Description:** Self-care for caregivers is critical to longevity and overall health, but most caregivers skip it. Read our blog to learn about its importance and how to schedule it.



## Self-Care For Caregivers

It sounds like a paradox, but caregivers rarely practice self-care. While they spend much of the day worrying about loved ones, they often lack the time or energy to care for themselves, which can lead to burnout, depression, and even substance abuse. *That's* why self-care for caregivers is so important.

As we explored in our [therapy for caregivers](#) blog, a shocking 60% of caregivers show clinical signs of depression, such as:

- Irritability or frustration
- Sadness, hopelessness, or worthlessness
- Difficulty concentrating
- Fatigue
- Difficulty sleeping
- Feelings of guilt or helplessness
- Anxiety

Caregiving is challenging. And burning yourself out as a caregiver will only make caring for your loved one even more difficult. We're here to help. Read on to discover proven strategies that boost self-care for caregivers.

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Self-Care for Caregivers: 4 Tips

The Power of Caregiver Group Sessions

Therapy for Caregivers

## **Challenges of Being A Caregiver**

The list of challenges caregivers face on a daily basis is long and complex, but here's a brief summary of some of the issues that may gradually sap your strength:

### **1. Fighting**

While you may adopt your caregiving role as a labor of love, it may pull you into complicated legal battles with attorneys and heartwrenching arguments with family members, especially if there are already unresolved issues within the family.

### **2. Endless Decisions**

Being a caregiver often feels like managing wave after wave of decisions:

- *Should my loved one go into a home?*
- *Does my loved one need to see the doctor again?*
- *What should I make them for their next meal?*
- *When should I go home?*

If you're trying to advocate for someone or act as a power of attorney, you have even more responsibilities—and a seemingly endless list of decisions to make on their behalf.

### **3. Substance Abuse**

Caregiving is an exhausting responsibility, and some turn to alcohol or drugs to numb unwanted feelings.

Of course, this can lead to a vicious cycle: As these substances take hold, they impair an individual's ability to provide care, which can lead to feelings of guilt—which can then lead to even more substance abuse.

## 4. Expenses

Many caregivers spend time away from work, which means a loss of income—which could mean less food at home or even risking the home altogether.

If you make the tough decision to place your loved one in a medical facility, you may face additional financial strain. Some of these homes cost thousands and thousands of dollars every month, which can quickly drain a family's savings.

Plus, many of these facilities are poorly reviewed or understaffed, which can lead to additional concerns when you're not there to provide direct care.

## 5. Making Time for Self Care

With so much going, it can feel impossible to pause for a healthy meal, take a walk through the park, or even take a shower.

When you're a caregiver, you often rush home after a day of responsibilities to another round of responsibilities:

- Feed the kids.
- Clean the kitchen.
- Pay the bills.
- Let the dog out.
- Put the kids to bed.
- Prepare to do it all again tomorrow.

It's an exhausting cycle, and pausing to read a page from your favorite book or catch an episode of your favorite show feels like an impossible luxury.

## 6. Emotions

Caring for a loved one can be an emotional rollercoaster. You may feel deep love and fulfillment in one moment, only to be overwhelmed with frustration, sadness, or resentment in the next. These emotions are natural, but without an outlet, they can become toxic.

Some of the most common emotions caregivers struggle with include:

- **Guilt:** Feeling like you're not doing enough or regretting past decisions related to your loved one's care.
- **Anger:** Frustration with the demands of caregiving, lack of support from family members, or even toward the person receiving care.
- **Grief:** Whether your loved one has already passed or is slowly declining, caregivers often experience anticipatory grief, mourning the loss of the person they once were.

- **Resentment:** Feeling unappreciated or burdened by responsibilities, especially if other family members aren't stepping in to help.
- **Loneliness:** Caregiving can be isolating, making it difficult to maintain friendships, social outings, or hobbies that once brought joy.

Suppressing these emotions won't make them disappear. Instead, it's important to acknowledge and process them in a healthy way. Journaling, speaking with a trusted friend, or seeking professional help can be essential steps in managing these complex feelings. Remember, your emotions are valid, and taking care of yourself emotionally is just as important as taking care of your loved one.

## Self-Care Tips For Caregivers

### 1. Forgive Yourself

Free yourself of any guilt for taking time to focus on your own wellbeing.

### 2. Schedule Time For Self-Care

Your schedule is busy, so carve out time to focus on yourself.

### 3. Attend Therapy

Take the time to nurture your mental and emotional health.

### 4. Visit Caregiver Groups

Group sessions for caregivers can give you additional support.



## Self-Care For Caregivers: 4 Tips

If you're ready to dive into meaningful self-care for caregivers, try some of these tried-and-true techniques:

### 1. Forgive Yourself

Many of the caregivers we talk to feel guilty whenever they take time to themselves. After spending so many days in the service of someone else, your mind and body feels programmed to care for your loved one, and any time away feels like you're letting them and the rest of your family down.

Understand this: You can't show up for your loved ones if you don't show up for yourself. As you burn yourself out, the quality of care you can provide diminishes—and so does your decision-making, your ability to fight legal battles, and your will to fight off temptations for unhealthy coping mechanisms.

Give yourself some grace and allow yourself to take time for yourself.

### 2. Schedule Time For Self-Care

A caregiver's daily calendar is packed with competing responsibilities for work, family, caregiving, and chores around the house. Sometimes, taking even 15 minutes to slip into a hot bath seems like an unattainable luxury.

Take another look at the upcoming weeks and carve out time for your favorite activity. Maybe you want to sit in the park and read, or maybe you want to catch up with an old friend at a nearby coffee shop.

If necessary, ask another family member or trusted family friend to cover for you as you take time to re-energize yourself.

And, as a reminder, you should schedule time for self-care on a regular basis. If you can't take a few minutes to yourself every day, block off that time every week and protect that time.

You're worth it.

### 3. Attend Therapy

While we often think of self-care in physical terms—getting a massage, hitting the gym, or treating yourself to a nice dinner—your overall well-being stems from a healthy mind. Therapy is a vital component of self-care for caregivers, offering a safe space to process emotions, navigate difficult decisions, and learn coping strategies.

Many caregivers hesitate to seek therapy, believing they should be strong for their loved one or that they don't have the time. However, therapy can be an essential tool for managing stress and avoiding burnout. Here's why it matters:

- **Processing Difficult Emotions:** Therapy provides a structured space to work through feelings of grief, guilt, anger, and anxiety.
- **Setting Boundaries:** Many caregivers struggle to say "no" or ask for help. A therapist can help you establish healthy boundaries to protect your well-being.
- **Improving Coping Skills:** Whether it's through mindfulness techniques, stress management strategies, or cognitive behavioral therapy (CBT), therapy can equip you with the tools to navigate caregiving challenges more effectively.
- **Preventing Burnout:** By addressing stress and emotional fatigue before they become overwhelming, therapy can help you continue providing care without sacrificing your own mental and emotional health.

If you're feeling overwhelmed, consider seeking professional help. Many therapists specialize in caregiver support, and some offer virtual sessions to accommodate busy schedules. Investing in your mental health isn't selfish—it's a necessary step to being the best caregiver you can be.

#### 4. Visit Caregiver Group Sessions

As we'll explore momentarily, caregiver group sessions are a powerful strategy to combat feelings of isolation, tap into new resources, and connect with a larger community invested in supporting you on your journey.

### The Power of Caregiver Group Sessions

Group therapy sessions can be transformational for caregivers, especially caregivers who feel overworked, undervalued, or who are struggling to show up for themselves and others.

Here are a few reasons group therapy or connections can be such important self-care for caregivers:

**1. Realizing you're not alone.** As a caregiver, you may feel overwhelmed and all alone, even when you're spending time with the individual you're caring for.

Group sessions are an excellent way to tap into a larger community of individuals who are in similar situations and experiencing similar feelings of isolation.

**2. Emotional support.** Watching someone you love pass away is a painful, traumatic experience. And when you're the primary caregiver, you're often too busy to connect with others to talk about your pain.

A group session with fellow caregivers gives you an opportunity to express even your most complicated emotions and feel heard by individuals who are experiencing something very similar.

**3. Community support.** Being a caregiver is an intense, exhausting responsibility, and your caregiving focus may lead to falling behind in other areas of life, such as:

- Missing work
- Missing payments on bills
- Missing time to make meals for yourself or your family
- Missing time to complete chores around the house

Fellow caregivers may have access to resources or support systems you're not currently connected to, and they may be able to help raise money for bills, make meals for your family, or even help around the home.

## Pittsburgh Therapy for Caregivers

If you're looking for a Pittsburgh therapist who can guide you through your caregiving journey, [contact us!](#)

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## Social Media

**Image:**

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**Copy:** Caregivers provide critical care and support to their loved ones, but they frequently ignore their own health in the process. Read our latest blog to learn about the importance of self-care for caregivers: [\[LINK\]](#)