



# Flagging the Therapy

*Harry Barry*

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## **Flagging the Therapy** Harry Barry

As Irish society undergoes rapid change and we face perhaps the bleakest economic conditions in modern memory, it is not surprising that the issue of mental health has become more prominent and somewhat more openly discussed than previously.

Flagging the Therapy takes a holistic view and examines the numerous medical, counselling and alternative therapies that can all help in negotiating a pathway out of depression and anxiety.

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