

# DEPRESSION REVIEWS AND TESTIMONIALS

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The views expressed below are the personal views of the reviewer and are based on the reviewer's experience with the completion of Neurocore's 30-session program. Results will vary. Consumers should not expect to experience the same results.

"I came to Neurocare as a birthday present to myself. I was suffering with depression issues and wanted to change without taking medication.

Through the program I learned the importance of meditation. I am so happy that my depression is almost completely gone. I find I have better focus and my memory issues have improved.

All the technicians and clinicians made this a wonderful journey. All are very professional, encouraging and caring."

**Anonymous**

*Boca Raton Center, January 2018*

"Mallory started showing signs of high anxiety and depression. She was having difficulty sleeping, waking up two to three times a night. She also had zero focus in school, getting out of her seat at inappropriate times, and struggling in areas academically that she had always excelled in. She started getting made fun of in school because she wasn't controlling her impulses, which then led to her having anxiety attacks about going to school. Prior to Neurocore, we saw a sleep doctor and ADHD specialist and confirmed she had central sleep apnea and ADHD symptoms, but NOT ADHD...

Mallory is sleeping much better, which has helped her restlessness and increased her focus in school. She is back to all A's in school, and behavior wise there has been much improvement. Her anxiety has decreased greatly, and we see less bouts of depression tendency's. The breathing techniques she learned has helped to calm her down when she gets frustrated, and thus her temper tantrums and outbursts have decreased. She is also less combative/argumentative, which has increased the quality of life for our entire family. I wouldn't say she is an entirely different child, but instead, I'd say we've found the child that we lost at one point.

We look forward to continue to work with Neurocore to keep Mallory on the right path. The staff was always so nice and made us feel right at home."

**Jacqueline R.**

*Sterling Heights Center, November 2017*

"Prior to the program, I had suffered from major depression, anxiety, panic attacks, emotional meltdowns, sleep problems (sleeping 3-4hrs/night, and sleeping 16+day), memory problems, severe migraines/headaches/neck aches, overwhelming stress, complete body aches and pains, TMJ/clenching issues, and attention problems for over 10 years. I was at a point in my life where I could not handle much more stress and was hoping and willing to try anything that might help.

What an amazing program Neurocore is. Absolute life changer. In the short duration of the program, I have been able to dissolve many of the problems that I have had for the last 10+ years. No more migraines, panic attacks, or emotional meltdowns. I average 7-8hrs of sleep/night, and it is good, restful sleep. All of my somatic problems have diminished or no longer exist. I no longer have strong negative self talk. I believe I think much more clearly and there is not the constant noise of problems or unfinished work bouncing around in my head. I am able to remember names, phone numbers, and to-do without having to write everything down...

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Skeptical at first, I went along with what I was told and tried not to overthink things or doubt the process. I wanted so badly for it to work. I knew that things must be better, but I didn't know how to get there. My friends and family had tried for years to try and help but they didn't know what to do either. I was lost. I reached a point in my life when I thought that this was just how being an adult was like. Constant stress, anxiety, depression, no sleep, etc. It became "routine" and not much had convinced me that it could be better until I came to Neurocore. I believe in the science of the program and I allowed myself to submit to the process and just let it work. I've experienced much more than I had expected."

**Jessica W.**

*Grandville Center, November 2017*

"I have always struggled with anxiety and depression...

I feel like I am finally in control of my own mind. I learned how to take a step back in situations and have time to process my emotions instead of exploding right away like I would before. I feel more comfortable at college in and out of the classroom. I'm able to actually sit down and get my work done, something that was nearly impossible for me to do before without an anxiety attack. My relationships with friends and family have improved and I am no longer anxious in social situations. Now, I'm able to go out, make new friends, and truly experience college without the fear of an unexpected anxiety attack."

**Ashley O.**

*Grand Rapids Center, November 2017*

"Depression (big time) for a few years, no sleep, stressed out! Unhappy with life and the life I was creating for my wife and kids. Wanting to "end" it all. Didn't have the desire to be alive anymore.

I feel great!! I feel like a new person. I enjoy life a lot more! I know how to cope and manage all the things that were dragging me down... Thanks Marquel

Give it a try...set your pride aside and do it..you won't be sorry!!"

**Nazih H.**

*Sterling Heights Center, September 2017*

"My daughter was struggling with severe depression. She had days when she couldn't get off the couch. Her personality changed — my sweet, kind child became angry, self-loathing, and withdrawn. My husband and I didn't know what to do...

My daughter no longer suffers from depression. She has literally transformed. She is the same kid as before her depression only more vibrant. This program was a game changer for her and for our family. By session 10 we could see real improvements, and by session 25 or so I'd say she was nearly symptom free.

The staff here has been incredible. They have gone above and beyond to make my daughter feel supported and welcomed. Very professional and helpful."

**Lucille C.**

*West Bloomfield Center, September 2017*

"I needed to make a step in the right direction when it came to my mental health...

I have a better understanding of my brain and where certain thoughts and feelings can come from. I've learned skills to deal with my anxiety and depression that will only help me in the future.

This program is more than just brain training. You learn valuable skills that can help you control your symptoms better. You also learn how outside forces can affect your body and brain, and are given helpful advice on how to change for the better.

The technicians were always helpful in addressing my questions and concerns. They were great at teaching the breathing technique and provided assistance when I was struggling to get the hang of it."

**Hayley L.**

*Sterling Heights Center, September 2017*

"My mood has significantly improved... Cravings for alcohol have essentially been eliminated. I have more focus and energy....I can read without getting sleepy.

The program has made a significant positive impact on my life. I am more active and, have more energy, perform better at work, am more positive and optimistic. My relationships have improved as a result of all the improvements as I am able to spend more quality time with friends and family. I highly recommend the program. Also, the staff is awesome. Thank you!

Everyone on the staff was awesome...will miss seeing you on a regular basis."

**Stanley P.**

*Grand Rapids Center, September 2017*

"Everyone has noticed a difference in how I perform at work and my attitude in general. I am not nearly as scattered as I used to be. My depression and anxiety have improved dramatically. I am much happier and content in general.

The staff are all incredibly helpful and pleasant."

**Crystal C.**

*Grand Rapids Center, September 2017*

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Our life is so much different now that he has completed the program. Within the first several sessions he began to start opening up and talking more. His anxiety level kept dropping as sessions progressed. We also made some changes with diet and exercise, but I'm very impressed with how Neurocore has helped me to see glimpses of a happier kid.

I believe parents need to be a part of the process of healing. Don't just expect this to be the end all. Learn how to understand what your child is experiencing, look at what Neurocore says about making better food choices and exercise, and be active in your child's healing process. You'll be amazed at the positive changes you'll see. And, don't forget to keep moving forward for progress. We saw a lot of advancement with Neurocore but now we are going to explore some additional treatment ideas now that my son is open to the idea of helping himself feel better!

Victoria, Alicia and Meghan made our experience well worth it. They are very caring and look out for us."


**Denise U.**

*Palm Beach Gardens, August 2017*

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## Schedule an Assessment

Just fill out the form and we'll be in touch to schedule an assessment.  
Or call 855.523.0153 to talk to a team member.

|   |                              |
|---|------------------------------|
| First Name *  | Last Name *                  |
| <input type="text"/>  | <input type="text"/>         |
| Email *   | Mobile Phone *               |
| <input type="text"/>  | <input type="text"/>         |
| Best Callback Time *  | Preferred Center Location *  |
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| Program of Interest *   | How did you hear about us? * |
| <input type="text"/>  | <input type="text"/>         |
| Comments  |                              |
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| <input type="checkbox"/> I'm not a robot  |                              |
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All calls to and from Neurocore may be recorded for training and quality assurance purposes.

Neurocore makes no claims that it can cure any conditions, including any conditions referenced on its website or in print materials, including ADHD, anxiety, autism, depression, traumatic brain injury, post-traumatic stress disorder, migraines, headaches, stress, and sleep disorders. If you take prescription medications for any of these conditions, you should consult with your doctor before discontinuing use of such medications.

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Autism

Depression

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Learn More

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Costs

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Team

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### LOCATIONS

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### GET STARTED

Free Phone Consultation

Schedule Assessment



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