



Behavioral Health Services

Traverse Health Clinic provides behavioral health services to adults and adolescents ages 12 and up, even if you haven't established primary care with one of our medical providers.

Our behavioral health services are provided by licensed therapists who are trained and qualified to help patients experiencing life stressors or mental health issues. Therapists are able to assist individuals in learning constructive ways to handle problems that interfere with everyday life.

There are a variety of reasons you might want a referral to behavioral health services:

Adjustment issues, anger, anxiety, chronic illness, communication issues, depression, grief/loss, panic, parenting issues, relationship issues, stress management, addictions, or trauma.

Services are usually time-limited and focused on specific goals that you, the patient, have identified. We also offer general coping skills group therapy for adults.

Therapy in a group setting provides many benefits:

- Receiving expert guidance from therapists on strategies to manage your symptoms;
- Having a built-in support network through group peers;
- Hearing how a diverse set of people deal with similar issues in different ways;
- Listening to other group members share allows you to put your problems into perspective;
- Knowing that you aren't the only one experiencing a particular issue can be validating and reassuring; and
- Being held accountable by group members can also assist you in addressing key issues.

Groups are typically limited to 8 to 12 participants but can vary depending on the treatment focus.

If you also receive primary care services at this clinic, we do our best to schedule appointments same day with both your primary care provider and your therapist, so that you have to do less travel.

Please fill out the attached form to indicate whether you have interest or not in individual or group therapy.

Name _____ Birth date: _____ Today's date: _____

	Yes	No	
#1			Would you like to meet individually with a counselor at Traverse Health Clinic to discuss any concerns or issues?
#2			Would you be interested in hearing more information about group treatment?

_____ Please check this box if the patient declined to complete this form.