



# Mental Health

A state of well being



BEHAVIORAL HEALTH DEPARTMENT

## Behavioral Health

Third Street Family Health Services Behavioral Health Department treats the whole person.

"Behavioral Health" describes the connection between our physical and emotional health. It includes behaviors such as eating habits, sleeping, or exercising that either immediately or over time impact physical or mental health.

Behavioral Health includes not only ways of promoting positive well-being, but also helps to prevent or intervene in substance abuse or other addictions.

## Chemical Dependency Counselor

Chemical Dependency Counselors are licensed by the Ohio Chemical Dependency Counselors Board. They assist individuals with substance use, misuse, and addiction. Services provided by a Chemical Dependency Counselor include substance use assessments and addiction counseling. Sessions may include individual and group therapy, relapse prevention, sober living, and harm reduction, education, and referral.



## Licensed Independent Social Workers (LISW)

Our Behavioral Health providers are licensed with the State of Ohio Counselor, Social Worker, Marriage and Family Therapist Board. They provide Diagnostic Assessments, Treatment Planning, and Talk Therapy.

The Diagnostic Assessment is an information gathering tool to help your Behavioral Health provider learn more about your situation and to determine the best course of treatment to meet your needs.

Talk Therapy helps clients identify main life stressors, develop effective coping strategies for dealing with stress and adopt healthy living habits.

We work with children, age 6 and up, and adults. Examples of issues we address are: Depression, Anxiety, PTSD, ADHD, Relational Issues, Bipolar Disorder, Anger Issues, Stress Management, Grief Issues, Chronic/Terminal Illness, and other diagnoses.

Our LISWs are unable to prescribe any medications for your mental health needs. However, the LISW may help determine if you would benefit from medication. If it is determined you can be safely and appropriately treated by primary care providers, you will be referred to a medical provider at TSFHS or to a family doctor of your choice.

