

**Myth: There's no hope for people with mental illnesses.**

*There are more treatments, services, and community support systems than ever before. People with mental illnesses lead active, productive lives.*

**Myth: "I can't do anything for a person with mental illness."**

*You can do a lot, starting with how you act and speak. Create an environment that builds on people's strengths and promotes understanding.*

**Myth: Once people develop mental illnesses, they will never recover.**

*Studies show that most people with mental illnesses will improve, with many recovering completely.*

## Facts and Figures

1 in 4 U.S. adults suffer from mental illness.

Suicide is the 10<sup>th</sup> cause of death in the U.S., and the third leading cause of death for ages 15-24 years of age.

Serious mental illness costs the U.S. \$193.2 billion in lost earnings per year.

70-90% of individuals who sought some sort of treatment saw an improvement in their symptoms and quality of life.



Enriching lives through wellness, recovery, and hope

Community Mental Health &  
Substance Abuse Treatment Center

## Southwest Counseling Service

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## Mental Health Services

Southwest Counseling Service provides mental health and substance abuse services for adults, children, adolescents and families.

Treatment services include:

- Clinical Assessments
- Individual, couple, family and group therapies
- Psychological evaluations
- Case Management
- Psychiatric services are also available for those who will benefit from medication
- Prevention and intervention
- Tele-psychiatry (videoconferencing)

Southwest Counseling Service also provides the community of Sweetwater County with awareness presentations. Topics can include:

- Prevention and intervention
- Depression
- Anxiety
- Grief and Loss
- Stress Management
- Suicide prevention
- Additional community resources

## Recovery Services

Southwest Counseling Service's Recovery Services include:

- Substance abuse treatment
- Residential treatment services
- Drug & Alcohol assessments
- Treatment Readiness Group
- Intensive Outpatient Program (IOP)
- Relapse Prevention
- Corrective Thinking
- DUI Class
- Social Detox
- Jail-Based Treatment
- Sober Living
- Continuing Care
- Individual, couple, and family intervention
- Prevention and intervention
- Other community resources and information

Substance abuse treatment is designed to provide support, education, life skills, knowledge and tools to fight addiction.

## Physician Assistant

Southwest Counseling Service offers the availability of the Physician Assistant to the clients of SCS as well as members of the community. SCS' Medical Services are established as a Family Practice and can include physical exams, lab testing, other forms of testing (rapid strep, pregnancy, urine, etc.), and treatment of chronic or skin conditions.



## Bridges Program

Southwest Counseling Service's Bridges Program provides daily services for adults who have a serious mental illness that effects their daily functioning.

The program provides services to clients Monday – Thursday from 8 am – 5 pm and Friday from 8 am to Noon. Treatment includes:

- Therapeutic Day Program
- Case Management
- Job Coaching
- Agency-Based Treatment
- Community-Based Treatment
- Pathways Drop-In Community Center
- Psychiatric Services
- Emergency Services
- Assisted & Semi-Independent Living

## Children, Adolescent & Family Services

Southwest Counseling Service provides services for children, adolescents, and families. Treatment can include:

- Adolescent Intensive Outpatient Program
- Community-Based Therapy
- Early Childhood Intervention
- Parenting Classes

### Get the help you need

*You might not know who to turn to, but there are many places and people around you who are interested and want to help – even if you want anonymous advice. Addressing the problem on your own is more stressful and more difficult than getting assistance.*