



Everyone Needs Help Sometimes

We Can **HELP!**

Mental health issues affect 1 in 5 people. Harbor is here to help.

Harbor Adult, Youth, and Family Services

- **Mental Health Assessment and Counseling for Youth, Adults and Families**
 - Anxiety & Depression
 - Grief & Bereavement
 - Stress Management
 - Trauma
 - Anger Management
 - Relationship and Family Dynamics
 - Abuse & Neglect Treatment
- **Case Management**
- **Psychiatric Services**
- **Psychological Services**
- **Developmental & Behavioral Services**
 - ADHD
 - Autism Spectrum Disorder
 - Learning and Language Disabilities
 - ABA Clinic
- **Substance Use Disorder Treatment**
 - Assessment and Individual Counseling
 - Ambulatory Detox
 - Inpatient Withdrawal Management
 - Medication Assisted Treatment
 - Intensive Outpatient Group Programming
 - Women’s Residential Substance Use Disorder Treatment
 - The Chrysalis
- **Prevention Services**
- **Telehealth Services**
- **Primary Care**
- **Mental Health Day Treatment**
- **Vocational Rehabilitation & Career Services**
- **Employee Assistance Program (EAP)**

Ask your provider for additional information on how to be linked to any of the services listed.



419.475.4449 | www.harbor.org

*Various locations, convenient hours, flexible payment methods and strict confidentiality
Most insurances, Medicaid, Medicare, and private pay accepted.*

