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## Mental Health and Substance Use



# Mental Health and Substance Use

Young and old, mild to severe, there is no one face to mental health or substance use. The symptoms are as diverse as those they affect. At Chrysalis Health, our outpatient mental health and substance use programs serve children, adolescents and adults with a strength-based approach. We provide a comprehensive array of mental health and substance use services with the goal of helping those we serve feel healthy and fulfilled in their lives.



## Mental Health and Substance Use

- Loneliness, depression, isolation, withdrawal, self-injurious behavior
- School or work difficulties, adjustment to significant life changes
- Marital, relationship or family problems
- Sexual behavior problems
- Anxiety, stress, fear, irritability, poor concentration, restlessness
- Alcohol, prescription drugs, and/or other drug abuse or addiction
- Relapse prevention planning, support coordination, AA/NA, drug testing
- Behavioral issues, conduct problems, lying, manipulating, stealing, anger
- Grief, adjustment to loss, sleeplessness, loss of appetite, self-esteem
- Individual, group and/or family counseling, traditional or in-home
- Psychological, psycho-educational and psychosexual evaluation
- Psychiatric evaluation, treatment and medication management
- Day treatment and intensive outpatient programs
- Psychosocial rehabilitation
- Residential programs