

# COLLABORATIVE MENTAL HEALTH

## FALL 2016 PROGRAM BROCHURE

GMHC offers individual, couples, family, and group counseling on mental health and substance abuse issues to individuals living with HIV.

**All services are free of charge.**

Advance registration and a program screening are required.

**Contact us at 212.367.1165 or [mhs@gmhc.org](mailto:mhs@gmhc.org)  
to register or learn more.**

### INDIVIDUAL, COUPLES, & FAMILY COUNSELING

#### **One-on-One Psychotherapy**

Our licensed professionals provide quality mental health care and emotional support to HIV-positive adults. Treatment may address a wide range of issues, including depression, anxiety, substance abuse, grief/loss, and adjusting to living with HIV/AIDS.

*To register, call our Self Referral Line @ 212.367.1165 or email [mhs@gmhc.org](mailto:mhs@gmhc.org)*

#### **Psychotherapy for Couples and Families**

Trained therapists help couples and families understand and treat emotional problems and personal crises. Sessions focus on understanding each person's thoughts, feelings, and behaviors in order to support couples and family members to work collaboratively in strengthening relationships.

*To register, call our Self Referral Line @ 212.367.1165 or email [mhs@gmhc.org](mailto:mhs@gmhc.org)*

**Turn over to see our groups →**



## GROUP COUNSELING

### **Newly Diagnosed Group - *NEW CYCLE BEGINNING IN OCTOBER***

A safe and confidential weekly support group for those who are newly diagnosed or newly dealing with their diagnosis and related issues of stigma, disclosure, sex, romance, relationships, medications, general health, and more.

Wednesdays 6-7:30pm • To register, contact:  
Leon Setton @ 212.367.1284

### **Long-Term Survivors Support Group**

A group for those who have been living with HIV for 10+ years and are looking for emotional support to maintain and promote health and happiness. Issues around health and aging are processed together.

Mondays 11am-12:30pm • To register, contact:  
M. David Soliven @ 212.367.1147

Mondays 4-5:30pm • To register, contact:  
Leon Setton @ 212.367.1284

Tuesdays 3:15-4:30pm • To register, contact:  
M. David Soliven @ 212.367.1147

Wednesdays 6-7:30pm • To register, contact:  
Karen Landovitz @ 212.367.1267

### **Sober Living**

A group for those who are sober from alcohol and/or drug use continuously for at least 90 consecutive days. Get support in maintaining abstinence while learning how to cope with urges and cravings by managing thoughts, feelings, and behaviors. The group looks at the psychology behind AA, making it a complement to 12-step.

Thursdays 12-1:30pm • To register, contact:  
Leon Setton @ 212.367.1284

## ART THERAPY – No Pre-Registration Required

A drop-in art therapy group for those who want to use the creative process to create meaning and insight from emotions or trauma. Share in a process that invites your thoughts, feelings, and spirit as you journey through the different challenges in life. Individuals receive support and reflections from peers and an art therapist. No artistic skill required!

Tuesdays 12:45-2:15pm • Room 6048 • **No registration, commitment, or enrollment required. For more information, call 212.367.1165**