

# MENTAL HEALTH SERVICES

## PROGRAM BROCHURE – FALL 2017

GMHC offers counseling, psychotherapy, psychiatry, and supportive services to individuals, couples, families, and groups for treatment and management of mental health and substance abuse issues.

Advance registration and a program screening are required.

**To make an appointment or learn more, please contact us at  
212.367.1225 or [mhs@gmhc.org](mailto:mhs@gmhc.org) .**

### SERVICES FOR INDIVIDUALS, COUPLES, & FAMILIES

#### **One-on-One Counseling and Psychiatry Services**

Our licensed professionals provide quality mental health care and emotional support to adults ages 18 and above. Counseling may address a wide range of issues, including depression, anxiety, substance abuse, grief/loss, sexuality, gender identity, medication adherence, and adjusting to living with HIV/AIDS.

Individuals receiving one-on-one counseling may also meet with a psychiatrist to determine if medications are recommended in their treatment, receive medication prescriptions, and monitor the effectiveness of the medications prescribed.

#### **Counseling for Couples and Families**

Trained counselors 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.

#### **Client Navigator Services**

A trained peer provides assistance, coaching, and education to help individuals enroll in or attend mental health, medical, and other social services appointments. Services may include: accompaniment to appointments, reminder phone calls, assistance in completing paperwork needed to enroll in services, and coaching to meet treatment goals, learn wellness techniques, manage stressors, and get the most out of mental health care.

**Turn over to see our groups →**

## GROUP SUPPORT & COUNSELING

### **Long-Term Survivors Support Group – multiple sections (see below)**

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

*Mondays 11am-12:30pm*

♦ Contact: *Bryanna Boyd @ 212.367.1303 or Steven Clarry @ 212.367.1346*

*Mondays 4-5:30pm*

♦ Contact: *Kipper Sanchez @ 212.367.1237 or John Tiedemann @ 212.367.1417*

*Tuesdays 3-4:15pm*

♦ Contact: *Hillary Perlman @ 212.367.1147 or Anny Hsu @ 212.367.1214*

*Wednesdays 6-7:30pm*

♦ Contact: *Karen Landovitz @ 212.367.1267 or Matt Macaulay @ 212.367.1142*

### **Sober Living – Thursdays 12:30-1:45 pm**

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.

Contact: *Brian Romero @ 212.367.1509 or Angel McMullen-Williams @ 212.367.1146*

### **Newly Diagnosed Group – TBD**

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

*Note:* Let us know if you're interested in this group! We are currently in the process of planning a new 8-week cycle.

Contact: *Brian Romero @ 212.367.1509*

### **Crystal Meth Harm Reduction Support Group – Thursdays 4-5pm**

A non-judgmental space for those wishing to explore a range of harm reduction-related issues. Participants will learn to identify individualized goals, barriers, strengths, and coping techniques.

Contact: *Ilona Margiotta @ 212.367.1226*