

# MENTAL HEALTH SERVICES @ GMHC

## FALL 2018

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, 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 may also meet with a psychiatrist or psychiatric nurse practitioner 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.

#### **Spiritual Counseling**

Spiritual counseling provides the opportunity for clients to develop a personal faith system as a tool to increase and maintain their well-being. Clients learn to develop healthier coping mechanisms, gain a higher sense of self-worth, and increase their self-care. Counseling addresses issues related to faith, identity, trauma, sexuality, and stigma.

#### **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, coordination with service providers, 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

### **The Barbershop – Thursdays 3-5 pm**

A weekly ongoing intergenerational support group for gay and bisexual men. The group is topic-driven, where the participants help decide what topics would be beneficial to them each week. Topics include: sexuality, health and aging, dating, stigma, and other community issues.

### **Long-Term Survivors Support Group – multiple sections:**

*Mondays 11am-12:30 pm*

*Mondays 4-5:30 pm*

*Thursdays 6-7:30 pm*

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.

### **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.

### **Seeking Safety (Men's Group) – New group forming!**

An 8-session group for men who have experienced trauma and substance abuse. The group focuses on sustaining a safe environment in which to support recovery. Topics include: asking for help, taking good care of yourself, setting boundaries in relationships, coping with triggers, healthy relationships, healing from anger, getting others to support your recovery, and more. A \$40 gift card will be provided to those who complete a full 8-session cycle.

*We are planning our next group cycle, so contact us if you're interested.*

**Interesting in joining a group or learning more?**

**Contact us at 212-367-1225 or [mhs@gmhc.org](mailto:mhs@gmhc.org)**

