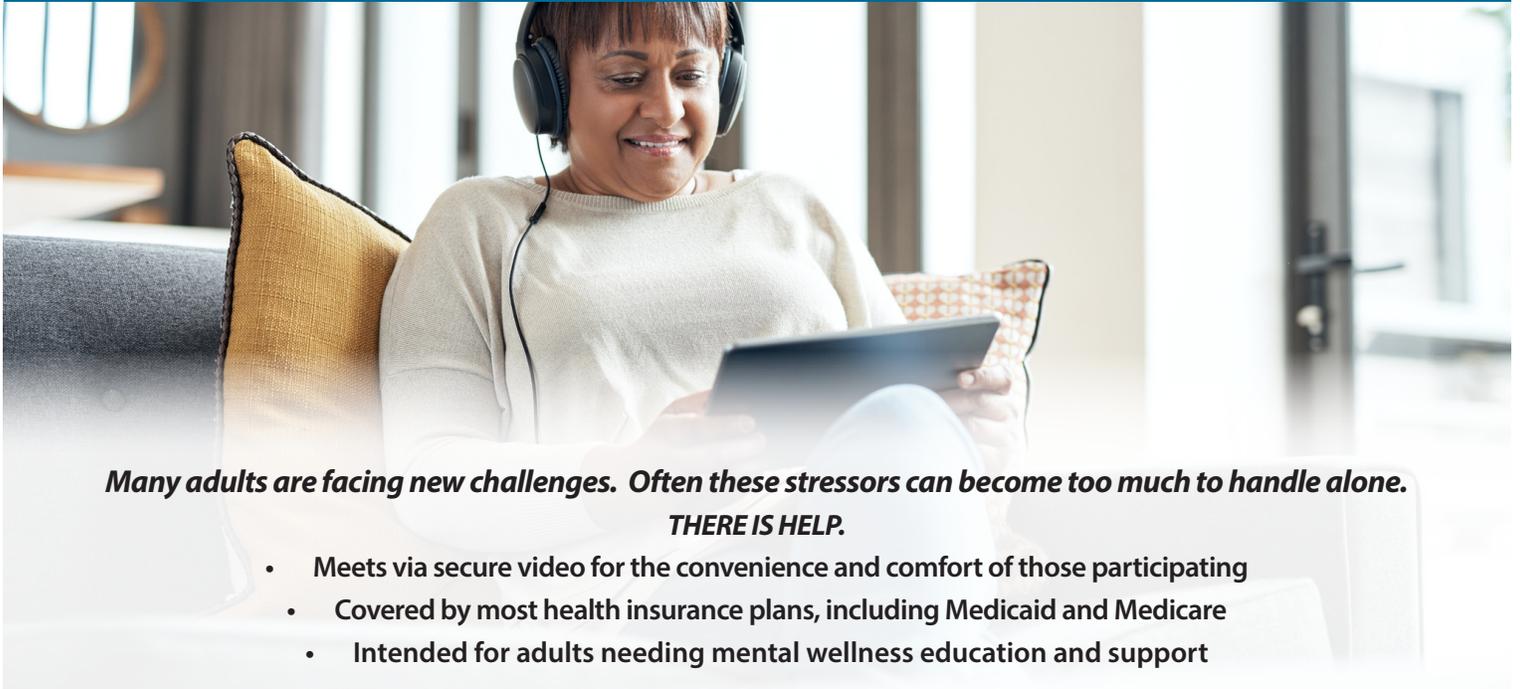


ADULT MENTAL WELLNESS GROUP (via Video Telehealth)

Meets Monday, Wednesday, Thursday from 10:30 a.m. - 12.00 noon



Many adults are facing new challenges. Often these stressors can become too much to handle alone.

THERE IS HELP.

- Meets via secure video for the convenience and comfort of those participating
- Covered by most health insurance plans, including Medicaid and Medicare
- Intended for adults needing mental wellness education and support

Who is best suited for this program?

- Meant to be an extension or add-on to outpatient care for those who can benefit from group atmosphere
- Appropriate for clients with increased anxiety, depression, difficulty coping most days
- Not appropriate for clients with substance use or eating disorders, suicidal or homicidal thoughts
- Individuals in need of higher level care should be referred to our adult intensive outpatient programs.

Telehealth:

We offer web-based video counseling using a computer or portable device (tablet, smartphone) with webcam, microphone, and speakers. Counseling can be done at home or other agreed-upon location—depending on what is most appropriate and determined by the regulations of the state in which the client is located.

Getting started:

Christian Family Solutions accepts professional and self-referrals. Call us at **800.438.1772**. One of our intake team members will explain the enrollment process. Program days and times are subject to change, so please contact us for the latest information.

What makes Christian Family Solutions unique?

- Our programs are offered in comfortable clinic settings or via secure video. We have more than a decade of telehealth experience, and our friendly team will walk each client through the process.
- We have the opportunity to integrate quality treatment with Christian faith principles to support clients both emotionally and spiritually with lasting impact.
- We work collaboratively with referring clinicians, medical professionals, and other professionals to coordinate the best treatment plan for each client.

