

MENTAL HEALTH Services



Individualized Outcome-Driven Treatment Programs to **HELP WITH YOUR MENTAL HEALTH PROBLEMS**

*When you or someone you know is struggling with how they think, feel and act, **we're here to help them recover, manage and lead healthy lives.***

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- Difficulty coping?
 - Ongoing anxiety or worry?
 - More irritated or angry than normal?
 - Feeling sad or hopeless?
 - Trouble sleeping?
 - Poor concentration?



riveon
MENTAL HEALTH AND RECOVERY

RIVEON MENTAL HEALTH SERVICES INCLUDE:

- Individual Counseling
- Skills Group
- Trauma Treatment for Women in Residential Treatment
- Psychiatric

It is normal to experience periods of change in our thinking, mood, and behavior that begin to impact our life. Brain chemistry, genetics, family history, life experiences, and past trauma can all contribute to such difficulties. Riveon is here to help you address these concerns. Our mental health clinicians treat anxiety, depression, PTSD, personality disorders, and Bipolar Disorder among other conditions.

ASSESSMENT

You will be scheduled for an assessment with a licensed mental health professional who will ask questions about past and current symptoms, stressors and treatment and identify a diagnosis. We work to distinguish between mental health disorder, substance abuse disorder, and the impact of past trauma. Most assessments are completed via telehealth.



TREATMENT

Once the assessment is completed, you will begin meeting with a clinician on an ongoing basis either in-person or via telehealth. You and your clinician will determine how often you will meet and develop individual goals. Your clinician may utilize Cognitive Behavior Therapy, Dialectical Behavioral Therapy, or Acceptance & Commitment Therapy. Our team specializes in Trauma-Focused therapy that recognizes how past traumatic experience impacts a person's mental, behavioral, emotional, physical and spiritual well-being. **Residential Women participate in a skills group facilitated by MH staff.**

POSITIVE COPING STRATEGIES

- Unplug from social media
- Read a book or a magazine
- Journal
- Walk In nature
- Meditation
- Relaxing breathing
- Exercise
- Identify things for which to be grateful
- Watch the clouds or waves
- Color, draw or paint
- Pet/play with animals
- Walk barefoot in the sand or grass
- Treat yourself to a special treat
- Listen to music
- Phone a friend
- Watch a funny movie

FOR IMMEDIATE HELP

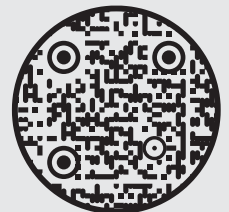
Call **988** or go to nearest **Emergency Room**.

MENTAL HEALTH SERVICES CONTACT INFORMATION:

p 440.989.4900

MRSS (*Mobile Response
& Stabilization Service*)
888.418.6777

**SUICIDE PREVENTION
LIFELINE** 800.273.8255



Scan for more on our
Mental Health Services

ALWAYS HERE, ALWAYS READY.

A single point of access to the full spectrum of behavioral health services.

We are **Riveon**.



ACCREDITED BY:



Department of
Mental Health &
Addiction Services

FINANCIAL:

Medicaid Accepted

Most Health Insurance
Accepted

Fees are based on
a Fee Subsidy Guideline

988 SUICIDE & CRISIS
LIFELINE

Ohio

NON-EMERGENCIES:

440.989.4900

HEARING IMPAIRED VIA OHIO RELAY SERVICE:

711 or 800.750.0750



Scan for a listing
of our locations

Formerly



riveonhealth.org    

MAIN OFFICE | 6140 South Broadway, Lorain, Ohio 44053