

MENTAL HEALTH: WHAT IS IT?

WHAT IS IT? Mental illness is a health condition that causes changes in a person's thinking, mood and behavior.

Mental illness is very common. Mental health and mental illness can be pictured as two points on a continuum with a range of conditions in between. When these conditions are more serious, they are referred to as mental illnesses and include depression, schizophrenia, anxiety and others which may require treatment and support. They are also widely misunderstood. People with mental illnesses are often stigmatized by others who think it's an uncommon condition. **The truth is,** mental illness can happen to anybody regardless of age, culture, race, gender, ethnicity, economic status or location.

Myth: If I seek help for my mental health problem, others will think I am "crazy."

Fact: No one should delay getting treatment for a mental health problem that is not getting better, just as one would not wait to take care of a medical condition that needed treatment. Some people worry that others will avoid them if they seek treatment for their mental illness. Early treatment can produce better results. Seeking appropriate help is a sign of strength not weakness.

Source: National Alliance on Mental Illness



1124 College Drive
Rock Springs, WY 82901



Community Mental Health & Substance Abuse Treatment Center



Mental Health Services

Administrative/Mental Health

1124 College Drive
Rock Springs, WY 82901
Phone: 307.352.6680
Fax: 307.352.6676

Recovery Services

2300 Foothill Boulevard
Rock Springs, WY 82901
Phone: 307.352.6677
Fax: 307.352.6614

Bridges Program

2706 Ankeny Way
Rock Springs, WY 82901
Phone: 307.352.6689
Fax: 307.352.6692

Green River

175 Riverview Drive
Rock Springs, WY 82901
Phone: 307.872.3205
Fax: 307.872.3207

Pinedale Office

PO Box 1588
120 S. Cole
Pinedale, WY 82941
Phone: 307.367.6445
Fax: 307.367.6447

www.swcounseling.org



100%. YES, INCLUDING YOU.

Every single one of us is affected by mental illness in one way or another.

Mental Health Services

Southwest Counseling Service provides mental health and substance abuse services for adults, children, adolescents and families. Treatment services include:

- Clinical assessment
- Individual, couple, family and group therapies
- Psychological evaluations
- Case management
- Psychiatric services are also available for those who will benefit from medication
- Prevention and intervention
- Telepsychiatry (videoconferencing)



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Southwest Counseling Service also provides the community of Sweetwater County with awareness presentations. Topics include:

- Prevention and intervention
- Depression
- Anxiety
- Grief and loss
- Stress management
- Suicide prevention
- Additional community resources



1 in 4 adults suffer from a mental illness in any given year.

Source: NIMH

Additional Services

Emergency Services: Licensed, master-level clinicians are on call 24 hours a day to provide emergency services including:

- Crisis phone calls
- Emergency intakes
- Emergency hospital detention

Employee Assistance Programs: Southwest Counseling Service provides Employee Assistance Programs for local businesses. Employee Assistance Programs (EAP) are set up through employers to offer brief assessment and treatment at no cost to the employee or the immediate family member. These programs usually provide 5 to 8 free sessions. They are a confidential way for an employee or family member to seek help for a mental health, family or substance abuse issue at an early stage.

Myth: Mental illnesses don't affect me.

Fact: Mental illnesses are surprisingly common; they affect almost every family in America. Mental illnesses do not discriminate—they can affect anyone.

Source: www.whatadifference.org



Domestic Violence Group: This program is for individuals who have committed domestic battery. Individuals are generally court-ordered into the program and are required to complete treatment.

Myth: There's no hope for people with mental illness.

Fact: There are more treatments, strategies, and community support systems than ever before, and more are in the works. People with mental illnesses lead active productive lives.

Source: www.whatadifference.org

Critical Incident Debriefing: Provides crisis debriefings for events that are outside the normal range of life such as suicides and workplace accidents and are available for schools, industry and private businesses. The goal is to lessen the long term impact of an unexpected and upsetting loss.

Adult Sex Offenders Program: Is a long-term treatment program for individuals who have been convicted of committing a sexual offense. The minimum length of treatment is two-years, and requires the individual to be on supervised probation.

Suicide Prevention Coalition: Southwest Counseling Service is a partner in local and state efforts to prevent suicide in Wyoming. The Sweetwater County Suicide Prevention Coalition has been formed to educate the public about warning signs and what to do if someone you know is considering suicide. Regular scheduled meetings are held with Coalition members from a variety of fields such as law enforcement, counseling, healthcare services, and youth services.

GET THE HELP YOU NEED.

You might not know who to turn to, but there are many places and people around you who are interested and want to help – even if you want anonymous advice. Addressing the problem by yourself is more stressful and more difficult than getting assistance.

