

What is Mental Health?

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. These illnesses 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.



Enriching lives through wellness, recovery, and hope

Community Mental Health &
Substance Abuse Treatment Center

Southwest Counseling Service

1124 College Drive
Phone: (307) 352-6680
Fax: (307) 352-6676

www.swcounseling.org

Mental Health Services

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

Who is your 1 in 4?

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.

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: 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.

Critical Incident Debriefing

We provide 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

This 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 usually 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 on your own is more stressful and more difficult than getting assistance.

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
- Prevention and Intervention
- Tele-psychiatry (videoconferencing)

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