



BEHAVIORAL HEALTH SERVICES

Support your mental and emotional well-being with care that is compassionate, accepting, and free from judgment.

**PLEASE CONTACT US AT:
(659) 734-2315
FOR MORE INFORMATION**



Services Offered :

- Individual Counseling Sessions
- Psychoeducational Groups

Cost of Services:

- Copay is based on your insurance provider.

If you are having thoughts of self harm, please remember:

- You can call 988 (National Suicide Prevention Lifeline)
- Text HOME to 741741
- Call 911

Life comes with challenges, and we want to help you navigate them with services tailored to your needs. Our team uses proven approaches to help build resilience, boost mental wellness, and create a space where you can feel heard and supported. No matter where you are on your journey, we're here to help you thrive and live a fulfilling life.



FIVE HORIZONS
HEALTH SERVICES