



Jefferson Center Partners

A new program of Jefferson Center for Mental Health

quick, easy access to low-cost counseling services

We're there
when **you**
need us...

Providing prevention/early intervention services to the community, particularly in times of crisis, and decreasing the risk for individuals developing mental health disorders is a part of Jefferson Center's mission as the community's mental health center.

According to data from the American Psychological Association's 2008 Stress in America survey released in September, when asked about the recent financial crisis, almost half of all adults say that they are increasingly stressed about their ability to provide for their family's basic needs. At the same time, 8 out of 10 adults said that the economy is a significant cause of stress, up from 66 percent in April.

Help for individuals and families coping with the challenges of the severe economic downturn, and other tough life issues.

Stress over money and the economy is taking a physical and emotional toll on individuals and families. The economic downturn has produced a surge in the number of problems for families and individuals resulting in an increased demand for help in coping with the emotional strain.



As families and individuals struggle with a variety of challenges... job and/or home loss, threat of foreclosure, loss of retirement security, mounting debts... a growing number are experiencing more stress, feelings of hopelessness and helplessness, anxiety and depression, impacting not only the individuals' physical and mental health but disrupting one's personal relationships and family.

In response to a record demand for services, Jefferson Center for Mental Health is launching a new temporary program called "**Jefferson Center Partners**" that will make available quick access to low cost counseling to any member of our community.

Services available through Jefferson Center Partners:

Short term counseling for individuals and families

quick, easy access to outpatient counseling services; \$5 co-pay.

Wellness Services

access to free classes and groups on topics that help people manage stress, such as 'managing stress', 'managing anxiety', 'household budgeting', and 'healthy eating on a budget'.

Navigation Services

free assessment, screening and problem solving for all public benefits; referrals to resources in the community.

Individuals and families with private commercial insurance may be eligible for counseling and medication services through **Jefferson Center's Solutions now!** program.



Phone (303) 425-0300