



YOUR MENTAL HEALTH MATTERS!



The coronavirus pandemic not only impacts our physical health, but our mental health as well – for both adults and youth. So, if you (or a friend or family member) are struggling with increased depression, loss, PTSD, anxiety or other concerns... you're certainly not alone. And speaking with one of Harvard Street's trained clinicians can really help! We provide outpatient treatment for depression, anxiety, trauma and PTSD, OCD, insomnia, and family or parenting challenges. Our Behavioral Health services also include counseling for substance use disorders, which have been steadily on the rise during the COVID-19 shutdowns.

Through our new hybrid model, the health center offers patients two options: Telehealth or in-person visits. Telehealth enables patients to meet virtually with clinicians, from the comfort of home (without the worry of transportation or childcare.) But for those of you who are less tech-savvy, or just prefer face-to-face, we're now offering in-person therapy three days per week. Another exciting offering on the horizon is in-home therapy. Though not yet available, plans are in the works for Harvard Street to offer home visits soon in response to the increased demand. We also have a hybrid-model psychiatrist who has been seeing patients, both in the office and virtually, throughout this pandemic. We want to make sure you do not miss your medications and that your treatment is not interrupted, during this coronavirus pandemic.

Our newly renovated Veteran's Center is also a wonderful resource for veterans in need of counseling or care. All in all, our greatest priority is to provide our patients with high-quality (and easily accessible) mental health therapies and treatments. If you, or someone you know, are interested in working in our Behavioral Health Clinic, we're seeking additional staff including a psychologist, social workers, and mental health clinicians to meet the demand for services.