



SERVICE

Whether you're struggling with a mental health or behavioral disorder, a life altering event, ADHD, PTSD, depression, or just the day to day life struggles, we are here to help.

PROMISE

InTouch is a place without judgement or criticism, a place of encouragement and positivity. We strive to provide a safe, comfortable and confidential setting where you can get back InTouch with your life.

HEROS

Veterans, Police Officers, EMS, Fire Fighters and their families are held in the highest regard at InTouch. We are privileged to offer critical incident stress debriefings and/or grief counseling on site whenever and wherever there is a need.

STAFF

InTouch is dedicated to the wellbeing of their patients. We have a strong team of compassionate mental health staff here to help when life's challenges feel overwhelming.

TAKE
CHARGE!



GET

InTouch

WITH
YOUR
LIFE!



InTouch

Psychological Services

GETTING BACK INTOUCH WITH YOUR LIFE...

2 Locations To Better Serve You...

4715 24th Place • Meridian, MS 39305 • 601.696.6736

1120 E Main St., Suite 24 • Phil., MS 39350 • 601.781.8677

☎ 601.207.7720

✉ Intouchphilly@gmail.com



InTouch Psychological Services

GETTING BACK INTOUCH WITH YOUR LIFE...



*Mental health
problems don't
affect me...*

*Approximately
1 in every 4 adults
will experience
a mental health
disorder in a
given year.*

Huffington Post, "18 Statistics That Prove Mental Illness
is More Prevalent Than You Think," 9-21-2017. [http://
www.huffpost.com/2014/12/01/mental-illness-
statistics_n_5152890.html](http://www.huffpost.com/2014/12/01/mental-illness-
statistics_n_5152890.html)

From day to day life struggles, mental health disorders, to life altering events, we are here, guiding you to getting back

InTouch

with your life.

What to expect when visiting InTouch...

On your first visit, a Board Certified Psychiatric Mental Health Nurse Practitioner will conduct an *interview* with *you* and/or *your family*. During this interview the Nurse Practitioner will discuss possible diagnoses and a *treatment plan will be developed* to address your specific mental health needs. If medication treatment is indicated, you may be prescribed medications at this time to help treat your symptoms. Further testing and *therapy* will be *based on each person's individual needs*. Some patients need only therapy while others may find help in additional areas as well. Many patients *find assistance* visiting a Nurse Practitioner for *medication management*, a Licensed Professional Counselor or a Licensed Marriage and Family therapist for individual, behavioral, *marriage, or family therapy*. Nurse Practitioners are here to help with diagnosis and medication management for mental health problems such as *ADHD*, Anxiety, Depression, Mood disorders, *sleep problems*, psychosis, OCD and more. We see patients as young as 5 years old. But above all, remember, *everyone feels broken at times*. The strength comes in repairing the break. The *repair can become beautiful* depending on how you choose to *heal the break!*

It's okay to ask for help!