

MENTAL HEALTH SERVICES

PROGRAM BROCHURE – SUMMER 2017

GMHC offers counseling, psychotherapy, psychiatry, and supportive services to individuals, couples, families, and groups for treatment and management of mental health and substance abuse issues.

Advance registration and a program screening are required.

**To make an appointment or learn more, please contact us at
212.367.1225 or mhs@gmhc.org .**

SERVICES FOR INDIVIDUALS, COUPLES, & FAMILIES

One-on-One Counseling and Psychiatry Services

Our licensed professionals provide quality mental health care and emotional support to adults ages 18 and above. Counseling may address a wide range of issues, including depression, anxiety, substance abuse, grief/loss, sexuality, gender identity, medication adherence, and adjusting to living with HIV/AIDS.

Individuals receiving one-on-one counseling may also meet with a psychiatrist to determine if medications are recommended in their treatment, receive medication prescriptions, and monitor the effectiveness of the medications prescribed.

Counseling for Couples and Families

Trained counselors help couples and families understand and treat emotional problems and personal crises. Sessions focus on understanding each person's thoughts, feelings, and behaviors in order to support couples and family members to work collaboratively in strengthening relationships.

Client Navigator Services

A trained peer provides assistance, coaching, and education to help individuals enroll in or attend mental health, medical, and other social services appointments. Services may include: accompaniment to appointments, reminder phone calls, assistance in completing paperwork needed to enroll in services, and coaching to meet treatment goals, learn wellness techniques, manage stressors, and get the most out of mental health care.

Turn over to see our groups →



GROUP SUPPORT, COUNSELING, & WELLNESS

Long-Term Survivors Support Group – multiple sections (see below)

A group for those who have been living with HIV/AIDS for 10+ years and are looking for support to maintain and promote health and happiness. Issues around health and aging are processed together.

Mondays 11am-12:30pm ♦ Contact: Hillary Perlman @ 212.367.1147

Mondays 4-5:30pm ♦ Contact: Leon Setton @ 212.367.1284

Tuesdays 3:15-4:30pm ♦ Contact: Hillary Perlman @ 212.367.1147

Wednesdays 6-7:30pm ♦ Contact: Karen Landovitz @ 212.367.1267

Seeking Safety (Men's Group) – new group forming

An 8-session group for men who have experienced trauma and substance abuse. The group focuses on sustaining a safe environment in which to support recovery. Topics include: asking for help, taking good care of yourself, setting boundaries in relationships, coping with triggers, healthy relationships, healing from anger, getting others to support your recovery, and more. A \$40 gift card will be provided to those who complete a full 10-session cycle.

Contact: Brian Romero @ 212.367.1509 or Ilona Margiotta @ 212.367.1226

“Wellness Wednesdays” – Wednesdays (time to be determined)

A new series of educational groups aimed at learning ways to utilize wellness techniques on your own and make better use of the mental health system to improve wellness. Topics may include: stress management, utilizing effective coping skills, engaging in mental health or psychiatric care, adherence with psychiatric medications, and navigating the health care system.

Contact: Shawn Torres @ 212.367.1268

Sober Living – Thursdays 12-1:15 pm

A group for those who are sober from alcohol and/or drug use continuously for at least 90 consecutive days. Get support in maintaining abstinence while learning how to cope with urges and cravings by managing thoughts, feelings, and behaviors. The group looks at the psychology behind AA, making it a complement to 12-step.

Contact: Leon Setton @ 212.367.1284

Crystal Meth Harm Reduction Support Group – Thursdays 4-5pm

A non-judgmental space for those wishing to explore a range of harm reduction-related issues. Participants will learn to identify individualized goals, barriers, strengths, and coping techniques.

Contact: Ilona Margiotta @ 212.367.1226

ART THERAPY – No Pre-Registration Required

A drop-in art therapy group for those who want to use the creative process to create meaning and insight from emotions or trauma. Individuals receive support and reflections from peers and an art therapist. No artistic skill needed!

Tuesdays 12:45-2:15pm ♦ Room 6048 ♦ No registration or commitment required.