

# **Mental Health Services**

FALL 2013

MHS Team Group Brochure



**FIGHT AIDS. LOVE LIFE.**

MHS offers group, couples, and individual therapy in a safe space to help HIV+ individuals reduce isolation and shame, learn healthy relationship skills, and get support in coping with a variety of challenges. All MHS services require advance registration and intake into MHS.

## **MENTAL HEALTH**

### **Haven**

A safe and confidential weekly support group for those who are newly diagnosed or newly dealing with diagnosis and related issues of stigma, disclosure, sex, relationships, medications, general health, and more.

**Thursdays – 6:30-7:45pm.**

**Register with Omar Torres at 212-367-1315**

### **Long-Term Survivors Support Group**

A group for those who have been living with HIV for 10+ years and looking for emotional support to maintain and promote health and happiness. Issues around health and aging will be processed.

**Thursdays – 6:30-7:45pm.**

**Register with Karen Landovitz at 212-367-1267**

**Tuesdays – 3:15pm-4:30pm.**

**Register with David Soliven at 212-367-1147**

### **Managing Anger/Frustration**

A 12 week group designed to help members learn how to: Identify triggers, learn coping skills, recognize maladaptive thought patterns, express emotions and communicate effectively.

**Mondays 11am-12:15pm**

**Register with M. David Soliven at 212-367-1147**

## **SUBSTANCE USE**

### **Sober Living**

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.

**Thursdays – 2:00-3:30 pm.**

**Register with Leon Setton at 212-367-1284**

### **Crystal Meth: Beginning Recovery**

A support group for men and women who have less than 90 days of abstinence from crystal meth use and aspire to recover from their addiction.

**Tuesdays - 3:30-4:45pm**

**Register with M. Leon Setton at 212-367-1284**

**SUPPORT  
ENCOURAGEMENT  
EDUCATION  
INSIGHT  
EMPOWERMENT  
HOPE**

For any questions call the M.H.S Team line  
at 212-367-1165 or email: [mhs@gmhc.org](mailto:mhs@gmhc.org)