

How the Brien Center Can Help: Our Services Explained

At the Brien Center, we are committed to providing compassionate, comprehensive mental health services for individuals, families, and the community. Our goal is to support everyone who is struggling with mental health challenges and help them access the care they need to thrive.

Here's how we can help:

1. Individual Counseling and Therapy:

Our licensed therapists provide confidential one-on-one counseling to help individuals work through mental health challenges, such as depression, anxiety, trauma, grief, and more. Whether you're struggling with a specific issue or just need someone to talk to, our therapists are here to support you.

2. Family Counseling:

Mental health struggles don't just affect the individual; they impact the whole family. We offer family counseling services to help families understand mental health issues, improve communication, and support each other through difficult times.

3. Crisis Intervention:

Mental health crises can happen unexpectedly, and when they do, it's important to have a reliable support system in place. The Brien Center offers 24/7 crisis intervention services, providing immediate assistance to those in urgent need of mental health care.

4. Substance Use Recovery Services:

We offer specialized programs to help individuals struggling with substance use and addiction. Our team is committed to guiding clients through the recovery process and providing the support needed for long-term sobriety.

5. Outpatient Services:

For individuals who need ongoing support but don't require inpatient care, our outpatient services offer flexibility and personalized treatment plans. Clients can access counseling, group therapy, and other resources while continuing with their daily lives.

6. Community Education and Outreach:

We believe that prevention and education are key components of mental health care. Our outreach programs aim to raise awareness, reduce stigma, and provide the community with valuable resources and information on mental health.