

Be Mentally Fit!



Try using these 5 coping skills,
whenever you're feeling stressed, anxious, sad, angry...

1

Express yourself in writing. Keep a journal of your thoughts and feelings.

2

Stick with "I" statements. Express your feelings by starting with "I'm feeling, or I'm thinking..."

3

Take deep breaths. Breathe in for a count of 7; hold for 5 counts; then exhale for a count of 7.

4

Get moving! Take a walk, jog or dance for 20 minutes.

5

Find a confidant. Talk to someone you trust.



Mental wellness is a journey, let us walk with you.

Outpatient Mental Health Clinic & Psychiatric Rehabilitation Program

Offering counseling services and compassionate solutions that empower, enrich and elevate all ages.

who we serve

- Maryland Residents
- Individuals age 5 and older

6196 Oxon Hill Road, Suite 340, Oxon Hill, MD 20745
tel: (301) 839-1960 | emergency contact: (240) 343-5504

insurance accepted

- Maryland Medicaid
- Medicare
- Select Private Insurances

office hours

Monday through Friday / 9:00am-5:00pm

Evening & weekend appointments available upon request

New client walk-ins are welcomed

services offered

- Diagnostic Assessment (office/home/walk-ins)
- Psychiatric Evaluation
- Medication Management
- Individual/Family/Group Therapy
- Office and In-Home Sessions
- Rehabilitation Mentoring/Coordination
- Spanish-speaking Interpreter Services

