

I'm embarrassed and reluctant to seek services

You are not alone in seeking treatment. It is estimated that about 1 in 5 adults has a diagnosable mental illness at some point in their lives. In fact, it is a sign of strength and determination to seek out assistance when needed. There is nothing wrong with asking for help when life becomes difficult to manage. At TRC Counseling and Psychiatric Services we will help you feel comfortable with your decision.



Convenient

We recognize people are busy so we have developed convenient hours of operation and can work with you in scheduling appointments that meet your specific needs.

We operate many convenient locations. Let us know if you are having difficulty with transportation and we will assist you in making arrangements.

You Think You Need Help? Now What?

It's easy to set up an appointment with us. Call us at any of the numbers below and you can speak with one of our trained staff who will assist you in scheduling an appointment to meet with one of our counselors. They are able to assist you with any questions you may have.

Service Locations

Counseling & Psychiatric

344 East Fourth Street
Jamestown, New York 14701
Ph. (716) 661-1590
Fax (716) 661-1495

Counseling & Psychiatric

186 Lake Shore Drive West
Dunkirk, New York 14048
Ph. (716) 366-6858
Fax (716) 366-8238

Passages/PROS

712 West Eighth Street
Jamestown, NY 14701
Ph. (716) 661-1511

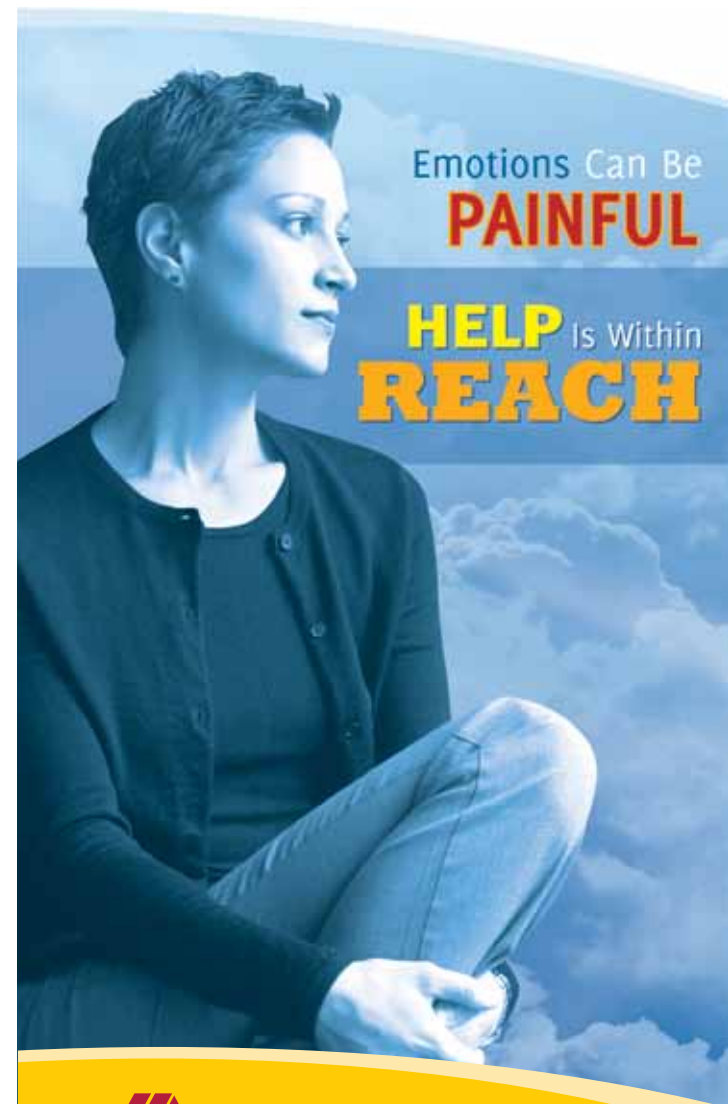
Gateways/PROS

51 East Third Street
Dunkirk, NY 14048
Ph. (716) 366-7660

Most major insurances accepted.

www.resourcecenter.org

COUNSELING & PSYCHIATRIC SERVICES



 **THE RESOURCE CENTER**
Making a Difference in People's Lives

Don't compromise when it comes to your **mental health.**

Services Offered

- ◆ Individual Counseling
- ◆ Family Counseling
- ◆ Couples Counseling
- ◆ Group Counseling

All of our programs offer a comprehensive menu of services including psychiatric evaluations, medication management and clinical counseling. Generally, a mental health clinic involves treatment of a fairly short duration. **Many people show significant improvement after only a few sessions.**

Why TRC Counseling and Psychiatric Services?

We have served our community by providing quality mental health treatment options for over twenty years. We use the most effective evidence based approaches and are dedicated to finding you the help you need. Our qualified and knowledgeable staff are here for you and all of your needs.



Personal Recovery Oriented Services (PROS)

PROS provide a comprehensive, recovery oriented program for individuals with severe and persistent mental health conditions. PROS supports goals to improve functioning, increase employment, attain higher levels of education and secure preferred housing. We believe that every individual has the ability to achieve recovery and attain a chosen life role.

Collaborative Treatment

We can also offer collaborative treatment with public school counselors and other clinicians. Our team has also provided an effective interface with the criminal justice system. The NY State Office of Mental Health certifies our programs.

We can assist you with managing a variety of life stressors including:

- ◆ Depression
- ◆ Anxiety
- ◆ Relationships
- ◆ Fears & Phobias
- ◆ Sexual Assault
- ◆ Grief & Loss
- ◆ Bipolar Disorders
- ◆ Stress Management
- ◆ Child Disorders
- ◆ Schizophrenia
- ◆ Divorce/Separation
- ◆ Adults abused as children
- ◆ Obsessive/Compulsive Behaviors
- ◆ Overcoming barriers of functioning
- ◆ Any mental health condition



Therapists Who Care

Finding the right therapeutic relationship is critical to successful treatment. In this hurried world, it's refreshing to be able to sit down and talk through your issues. You will find at TRC's Counseling and Psychiatric Services, our team of therapists and physicians get to know you so they can work with you on resolving issues in a way that fits with your needs.

Enhance Your Life

We will provide you with the resources and assistance to not only deal with your problems, but will actually provide you with assistance in functioning more effectively in all aspects of your life. Our team is made up of professional staff dedicated to providing you with exactly what you need to improve your life.