

A group of colorful silhouettes of people in various walking poses, set against a red background that tapers to a point on the right. The silhouettes are in shades of blue, purple, green, and red.

Another program??

Seriously?



***Quick Connect to Assessments
and Services***

We will:

- listen
- hear what's going well
- hear what you might like to be different
- build on your supports and strengths

We can help with assessments and supports

- education
- drug and alcohol use
- family
- psychiatric/psychological

You drive it. You're in control.

All our services are confidential. We only share information with your permission unless we are concerned for your immediate safety or someone else's immediate safety. If you become a client, we will explain how we protect your personal information in more detail. www.ctys.org

What is Mental Health anyway? Everyone has both physical health and mental health. Mental health like physical health moves around: some days we feel better and some days not as well. Our emotions, thoughts and feelings and how we deal with problems and difficulties are all part of our mental health.



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