

# Adult Behavioral Health



CIFC Behavioral health is here for you. You don't need to be experiencing a crisis to seek treatment or help for your behavioral health. Whether you are dealing with anxiety, depression, or feelings you can't even name, when they start to affect your daily life, it is wise to seek treatment. At CIFC Health, we aren't looking to just medicate you into stability. Rather, we utilize a range of therapies and treatments centered around you to ensure the most

effective results.

If you are having behavioral health issues and would like to seek treatment, call CIFC Health to set up an Initial Intake Assessment and/or Psychiatric Evaluation. The sooner you get help, the sooner you can return to living life to the fullest.

## Services



Individual Therapy  
Group Therapy  
Couple's Therapy  
Family Therapy

Psychiatric Evaluation & Medication  
Management