

Community Mental Health

Believe and Trust TCM LLC provides support to individuals diagnosed with mental health conditions helping them reintegrate into society through therapy, medication management, group therapy, and case management services.

The agency specializes in providing evidenced based treatment to help individuals suffering from or need assistance with:

1. Trauma/ PTSD
2. Depression
3. Anxiety Disorders
4. Bi-Polar Disorder
5. Couples/ Marriage Counseling
6. Gender/Sexuality
7. Crisis Intervention



We are Proudly Accredited by
The Joint Commission.



Scan Me!

Visit the Believe and Trust website

Contact Us

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www.believeandtrusttcm.com

BELIEVE & TRUST TCM LLC.

Bringing happiness and joy...
...to our community.



Types of Services Offered

- Individual and Family Therapy
- Couples Counseling
- Group Therapy (Psychosocial Rehabilitation & Clubhouse)
- Targeted Case Management
- Psychiatric Evaluations/ Medication Management



Case Managers

- At B & T our case managers will support you and link you to community resources available within the community.
- They are trained consistently to stay on top of the new resources available in the community to ensure they avoid placing their clients on wait lists for services needing immediate attention.
- We work to reduce the risk on hospitalization through effective care coordination and communication with additional support staff involved in our clients' care.

Case Manager Services Include:

- Help obtain Medicare & Medicaid Insurance, Food Stamp Assistance and Section 8 housing.
- Provide Guidance and Education with Government Paperwork (Social Security Office, Driver's License Services, etc.).
- Complete and Re-certify Department of Children and Family Services (DCF) Applications.
- Link clients with donations (food pantries) to help with financial hardships.

Mental Health Services

Our Mental health program includes a variety of services such as Individual & Family Therapy, Group Therapy, Psychiatric Evaluations, Medication Management, Couples Counseling, among others. These services are provided to recipients with mental health and co-occurring mental health disorders for the maximum reduction of the recipient's disability and restoration to the best possible functional level.



Unleash Yourself:

- Life Skills Training
- Community Information
- Relaxation Training
- Self-esteem Improvement
- Communication Skills
- Problem Solving
- Decision Making
- Social Skills
- Social Support
- Emotional Resilience
- Stress Management
- Healthy Living
- Coping Skills
- Health Management
- Anger Management



Our Services Objectives

1. **Community Integration:** Develop relationships within the community to ensure our clients are being linked to the best resources available.
2. **Crisis Intervention:** Provide stabilization through intervention.
3. **Mental Health Treatment-** provide individualized care to improve one's emotional health.
4. **Personal Growth-** assist with personal growth through specific interventions designed to help illicit change within our clientele.

