



Behavioral Health Program

The Behavioral Health Program at Hudspeth Hospital serves a range of mental health needs in an outpatient setting. We provide services across the lifespan, with assessment, individual therapy, family and couples counseling, and group treatment. We tailor services to meet people where they are in a supportive and confidential environment. Our licensed clinicians have extensive experience and training in treating mood and anxiety disorders, trauma and stress-related disorders, and substance-related treatment needs.

Telehealth services are available and most major insurance providers are accepted.



**302 Hudspeth Street • Sonora, TX 76950
(325) 387-1130**

Services we provide

Child, youth, and family

- ❖ Brief therapy
- ❖ Psychological and learning assessments
- ❖ Family therapy
- ❖ Groups (parenting, anger management, coping skill, grief support) *

Adult

- ❖ Individual therapy
- ❖ Couples therapy
- ❖ Psychological assessments
- ❖ Substance abuse assessment and treatment
- ❖ Groups (coping with anxiety and depression, grief support, healthy relationships) *

Older adult

- ❖ Individual therapy
- ❖ Family support services
- ❖ Psychological assessment (including memory and cognitive functioning)
- ❖ The Transitions Intensive Outpatient Program

** Group therapy offerings vary with local needs*

For after-hours crisis support, please contact Hill Country Mental Health and Developmental Disabilities Centers at **877-466-0660** or MHMR Services for the Concho Valley at **800-375-8965**.