

A healthy
life starts
with good
mental
health.

**If you or
someone
you know
is struggling
with mental
health issues,
we can help.**



HORIZON
HEALTH SERVICES

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We often overlook – or are unaware of – the need for good mental health as part of a healthy life. Good mental health is *fundamental* to overall health, and *essential* for leading a healthy life.

Mental health disorders are just as real as other illnesses – such as cancer or diabetes – and can have an immense impact on individuals and families. Approximately one in five Americans will experience a mental health disorder – such as schizophrenia, depression or bipolar disorder – in the course of a year. Mental health disorders and problems occur in families of all social classes and backgrounds. They do not discriminate.

The good news is there are many safe and effective treatments available today that offer hope for recovery and rehabilitation. Horizon Health Services offers a variety of treatment services that empower individuals to recover from mental health disorders and minimize their effect on everyday living.

What is Horizon Health Services?

Horizon Health Services is the largest and most comprehensive outpatient provider of integrated mental health, chemical dependency and medical services in Western New York, delivering care at accessible locations throughout Erie and Niagara Counties.

We assist individuals in fulfilling their goals for an improved quality of life by instilling hope, and by providing holistic treatment and rehabilitative services that are delivered with skill, respect and compassion.

Working together toward your recovery.

Horizon's staff works with each individual and his or her family to develop a plan for recovery that is responsive to their unique needs. Horizon provides treatment to all persons regardless of gender, race, ethnic group, national origin, sexual preference or disability. Horizon accepts Medicaid, Medicare and most other medical insurance plans.

All services are provided under the strictest confidentiality, with the overall goals of assisting individuals to:

- achieve their personal recovery and rehabilitation goals, and
- improve their overall health and quality of life.

Skilled professionals ready to help.

The professionals on the Horizon team represent the fields of medicine, nursing, psychiatry, social work and substance abuse counseling. Tailored treatment plans are designed and delivered by this team of professionals, who collectively bring their unique knowledge and experience to each individual. Primary counselors work closely with each individual to ensure his or her treatment needs are being addressed. Each team member is committed to providing the highest quality treatment, utilizing the most current and effective methods available.

A full range of services.

Horizon offers a full range of clinical services to assist with mental health recovery and rehabilitation, including:

- comprehensive psychiatric and chemical dependency diagnostic assessment,
- specialized individual and group counseling services,
- psychiatric medication prescription and monitoring,
- medical evaluation and treatment,
- integrated treatment for individuals with both mental illness and chemical dependency,
- stabilization and rehabilitation services to improve independent functioning and community integration,
- educational and vocational assessment, job skills training and placement, and
- specialized programming that includes family counseling, assertiveness training and domestic violence intervention.

If you or someone you know is struggling with mental illness, there is hope for recovery and rehabilitation. Horizon Health Services offers comprehensive treatment to help you regain control of your life. For more information, call Horizon Health Services at (716) 831-1800 (Central Intake).