

TREATMENT SERVICES

Addiction & Recovery • Aging • Career & Work Issues • College and Post-College Issues • Coping with Anxiety • Coping with Depression • Coping with Pain, Physical Illness, or Disability • Divorce • Grief & Loss • Holistic Approaches to Well-Being • Managing Feelings • Marriage/Family/Parenting & Child Development • Relationship Issues • Sex/Relationship Issues • Women's and Men's Issues • Stress Management • Trauma & Abuse

TREATMENT OPTIONS

Face-to-Face Individual Counseling • Group Counseling • Family/Couple's Counseling • E-Therapy (Email, Telephone, and Video Therapy)

FEES

Fees The goal of We SAGE is to provide convenient, effective and affordable counseling that will prepare you for a healthier and happier life. For these reasons, evening and weekend appointments are available. We SAGE is also affiliated with several EAP and insurance companies. Please contact the office to find out if your insurance is accepted and to get additional information about the fees and services. A sliding scale is available for those without insurance that qualify (based on income and number in household).

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We SAGE

HEALTH & WELLNESS

SUPPORT * ACCEPTANCE *
GUIDANCE * ENLIGHTENMENT



WE SAGE HEALTH AND WELLNESS

Millions of Americans struggle with a major mental health disorder each year; at least 1 in 4. Millions more struggle with stress or relationship issues. And virtually every adult in the United States has a family member or friend with a mental disorder – depression, anxiety, substance abuse, eating disorder, ADHD, or another.

US Statistics on Adults

1 in 5 experience mental illness each year
1 in 25 experience serious mental illness each year

More US Statistics

1 in 6 youth aged 6-17 experience a mental health disorder each year
Suicide is the 2nd leading cause of death among people aged 10-34

The treatment most commonly used to treat mental health issues is called psychotherapy. Psychotherapy, also called talk therapy, involves talking about your condition and related issues with a mental health professional. During psychotherapy, you learn about your condition and your moods, feelings, thoughts and behavior. With the insights and knowledge you gain, you can learn coping and stress management skills. There are many types of psychotherapy, each with its own approach to improving your mental well-being.

Psychotherapy often can be successfully completed in a few months, but in some cases, long-term treatment may be needed. It can take place one-on-one, in a group or with family members.

Psychotherapy alone has proven to be effective in treating mild and moderate forms of depression, and can be combined with medication therapy to treat all forms of mental and emotional disorders. The average person receiving psychotherapy is better off than 79% of clients who do not seek treatment. Although studies have shown that 79% of Americans diagnosed with a mental illness improve with psychotherapy treatment, two-thirds of Americans still remain under-served due to cost, stigma, inconvenience, and low access, especially in rural areas. However, through We SAGE Health and Wellness you will be provided with effective, affordable, convenient, and safe mental health counseling through one of five ways: secure video, phone, email, chat or face-to-face therapy sessions

At We SAGE Health and Wellness we are dedicated to provide support, acceptance, and guidance towards enlightenment for individuals, families, and youth. We strive to help those in need feel empowered to take control of their destiny and function productively by providing them with innovative services and the necessary skills to realize their dreams. Our center differs from the traditional counseling office because of our added personal touch: accessibility, cost effectiveness, and individually tailored services.

The We SAGE vision is to create a wellness system that is capable of upholding, supporting, and maintaining recovery of our clientele and the community at large. To be recognized as a national leader in integrative mental health and wellness services, especially those from underrepresented populations. We are committed to providing a dynamic and engaging approach to therapy, prevention services, programming & consultation.

We SAGE is dedicated to the community it serves. Through the delivery of seminars, therapeutic groups, individual, couples, and family therapy across the lifespan, We SAGE strives to raise public awareness to the mental health needs of residents within the community. Services are designed to strengthen and increase self-esteem, self-respect, and respect for others in society, promote overall health and well-being, and address issues related to improving quality of life.

Our mission, "to heal and strengthen the lives of children and families in a safe space".

