

HISTORY & OVERVIEW

We SAGE Health and Wellness has been servicing the community since 2010. We are a comprehensive group of clinicians offering a wide range of counseling and community support services. These include individual, group and family therapy, specialty workshops and community youth support (soon to come School Based services and psychiatric consultation). We SAGE Health and Wellness' commitment is to serve the community with the highest respect and professionalism while creating safe places for individual and family healing.

CONTACT US

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We SAGE

HEALTH & WELLNESS

COUNSELING SERVICES



COUNSELING SERVICES

We SAGE Health and Wellness comprehensive mental health services help individuals and families cope with the challenges that life often puts before us. Counselors are available to help deal with the many problems confronting children, teens, adults, seniors, couples, and families.

If you or your family member is facing any of these or other issues, we can help:

Depression
Anxiety
Grief
Trauma Recovery
Family and Relationship Problems
Behavioral Problems
Attention Deficit/Hyperactivity

Trained therapists will conduct a comprehensive assessment to determine the needs of the individual and family and how we can be best of service.

FOSTER CARE & ADOPTION

Having a service provider who can acknowledge a family's stress, strengths, and resources, including the unique perspective of foster care and adoption, can make a world of difference. This service offers families brief, foster care or adoption-focused home-based counseling, as well as advocacy and coordination of services. Areas of attention can include discussion about birth family, identity issues, parent support, understanding trauma and loss, and navigating complex systems, to name a few. Staff can also participate in meetings with schools, courts, and other community providers. These support services can vary greatly across families and across time, as they are tailored to a family's current need.

SUPPORT GROUPS

We also offer support groups to help with:

Bereavement
Anxiety Disorders
Anger Management
Trauma.

REFERRAL INFORMATION

Individuals and families can access counseling services by calling or visiting our website at www.wesagehealthandwellness.com

ADDITIONAL SERVICES PROVIDED

- **Crisis Stabilization/Assessment**-Help the family to stabilize the youth within the home. Provides ongoing assessment to determine appropriate treatment
- **Symptom Management**-Assists the youth and the family with understanding the nature of their problems, recognizing symptoms, and how using medication correctly plays a role in recovery.
- **Parent Skills Training**-Assists families in resolving conflicts and further developing problem-solving skills.
- **Socialization Skills**-Assists the youth and the family with improving interpersonal skills and linking them to recreational and self-help opportunities.
- **Service Coordination**-Works with the family and providers to ensure that treatment for behavioral health problems is coordinated with care for other illnesses.
- **Play Therapy** techniques are delivered using play rather than traditional talk therapy. Since children lack the emotional vocabulary needed to fully benefit from traditional talk therapy, play therapy is a way for them to work through difficult emotions and events.