

BEHAVIORAL HEALTH

Encourage, Equip & Empower

NORTHSIDE HOSPITAL BEHAVIORAL HEALTH SERVICES

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The mission of Northside Hospital Behavioral Health Services is to encourage, equip and empower patients and their families to achieve and maintain recovery from distress, mental illness or addiction, by compassionately offering research-based interventions with dedicated staff.

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northside.com

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Behavioral Health Services

Northside Hospital Behavioral Health offers comprehensive services to help adults live healthier lives. Staffed by specially-trained psychiatrists, licensed clinicians and nurses, Northside provides an array of services for behavioral and emotional conditions and substance use challenges.

Common Conditions

- Depressive Disorders
- Postpartum
- Anxiety Disorders
- Grief and Loss
- Panic Disorder
- Identity Issues
- Self-Esteem
- Social Anxiety
- Addictions/Substance Use
- Behavior Disorders
- Trauma/PTSD
- Domestic Violence
- Anger Management
- Marital/Relationship Problems
- Bipolar Disorder
- Schizophrenia

Comprehensive Services & Programs

- Crisis Intervention
- Diagnostic Behavioral Health Assessments
- Psychiatric Evaluation and Medication Monitoring
- Nursing Services
- Individual, Family/Couple's & Group Counseling
- Skills Training
- Case Management
- Education and Supportive Services
- Grief Counseling
- Career Counseling
- Cognitive Behavioral Therapy

Health Psychology

Supportive services for patients with primary medical challenges including special expertise in diabetes & nutrition, bariatric surgery, postpartum, and oncology.

Lifespan Development of Care

Services provided to support individuals through grief, life changes and caretaking.

Specialty Programs

Intensive Outpatient Program for Recovery for Substance Use Disorders

An Intensive Outpatient Program is a structured therapeutic environment which meets 4 times a week for 3 hours each day, and typically runs for a minimum of 10 weeks. IOP may be a good treatment option for individuals in a variety of situations and those needing more support than individual counseling.

This program is a state-of-the-art co-occurring disorders treatment program that addresses the whole person. This abstinence based recovery program provides education and support to individuals who want to live a healthy, sober life. The purpose of the program is to educate on substance use disorders, the disease of addiction and healthy ways to cope with life stressors. There is focus on building a strong relapse prevention plan and a sober community to support sobriety and personal development. This comprehensive program includes individual therapy, nursing and psychiatry. We welcome each person and are excited to be with you on your life saving decision.

Psychosocial Rehabilitation Program

A recovery program that combines therapy, rehabilitation and skill building to teach necessary skills for individuals to function in their community settings and activities. Services include:

- Individual or group skill building activities focusing on coping skill development
Illness and medication self management
- Prevocational skills
- Recreational activities/leisure skills

These services are offered up to five days per week for four hours daily, as clinically appropriate.

Psychosocial Oncology Program

A multidisciplinary team, including oncology clinical social workers, who work with patients undergoing cancer treatment to reduce emotional distress and improve quality of life. Psychosocial Oncology is a specialty in cancer care concerned with understanding and treating the social, psychological, emotional, spiritual and functional aspects of cancer, from prevention through bereavement.

Additional Outpatient Services

- Crisis Intervention
- Behavioral Health Assessments
- Individual Counseling
- Family Counseling
- Group Counseling
- Community Support Individual/Case Management
- Nursing Services
- Physician Services

Hospital-Based Services

We offer bedside consultation/supportive services for individuals who have been admitted to Northside Hospital for other medical concerns. Please speak to your nurse and/or treating physician for a consultation during your stay at Northside Hospital. We also offer crisis intervention services to the Emergency Department.

Insurance

We accept private insurance, Medicare, Medicaid, self-pay and financial assistance options for individuals that are uninsured.

Contact Us

For more information regarding our services, please call 404-851-8960.