JEWISH FAMILY SERVICE

Mental Health Services

When it comes to building a compassionate community for individuals and families, Jewish Family Service is here to support you with whatever life circumstances you might be facing. We'll match you with an experienced therapist who will understand your unique experiences and needs, and who will take a strength-based and culturally sensitive approach as you work together to develop and achieve your goals.

BECAUSE MENTAL HEALTH IS HEALTH.

Services Include:

- Individual counseling for children and adults
- Parenting consultation
- Psychiatric evaluation
- Medication management

Areas of Specialization:

- Trauma recovery
- Perinatal and postpartum support
- Domestic abuse
- Older adult issues
- Grief and loss

Approaches:

- Cognitive Behavioral (CBT)
- Motivational Interviewing
- Psychodynamic
- Play Therapy
- EMDR

We are able to bill Medicaid, Medicare, Blue Cross Blue Shield and most major insurance companies.
We provide a sliding fee schedule for those who are eligible.

Behavioral Health Resources

Determining the kind of help you or your child may need, and finding the right mental health professional, can be overwhelming. Whether at Jewish Family Service or in the community, our Resouce Center can help you connect with the most appropriate behavioral health resources.

For more information about our mental health services contact the JFS Resource Center at 248.592.2313 or resourcecenter@jfsdetroit.org.

Supported by the Jewish Federation of Detroit

jfsdetroit.org

Jewish Family Service OF METRO DETROIT