

## I'M EMBARRASSED AND RELUCTANT TO SEEK HELP


- ✓ You are not alone in seeking treatment. It is estimated that about 1 in 5 adults has a diagnosable mental illness at some point in their lives.
- ✓ In fact, it is a sign of strength and determination to seek out assistance when needed. There is nothing wrong with asking for help when life becomes difficult to manage.
- ✓ At TRC Counseling & Psychiatric Services, we will help you feel comfortable with your decision and be with you every step of the way.



## CARE & CONVENIENCE

We recognize life is busy, so we have developed convenient hours of operation and can work with you in scheduling appointments that meet your specific needs.

Each of our locations offers off-street parking. Let us know if you are having difficulty with transportation and we will assist you in making arrangements.

 TRC Counseling is part of the TRC STARS health care model, designed to improve your entire life.

For more information, visit  
[www.resourcecenter.org](http://www.resourcecenter.org)

## YOUR PATH TO RECOVERY

It's easy to set up an appointment with us. Call us at any of the numbers below and you can speak with one of our trained staff who will assist you in scheduling an appointment to meet with one of our counselors. They are able to assist you with any questions you may have.

## SERVICE LOCATIONS

{ WE WILL CLOSE ON PUBLIC HOLIDAYS }

MONDAY – FRIDAY

8am – 6pm - hrs. vary by location

MOST MAJOR INSURANCES ACCEPTED

 **800-724-0461 (Crisis)**

### Counseling & Psychiatric

880 East Second Street  
Jamestown, New York 14701  
P: 716.661.1590 | F: 716.661.1495

### Counseling & Psychiatric

186 Lake Shore Drive West  
Dunkirk, New York 14048  
P: 716.366.7660 | F: 716.366.0501

### Passages PROS

880 East Second Street  
Jamestown, New York 14701  
P: 716.661.1510

### Gateways PROS

186 Lake Shore Drive West  
Dunkirk, New York 14048  
P: 716.366.7660

Rev 3.17



Help is here.

COUNSELING &  
PSYCHIATRIC  
SERVICES

 **THE RESOURCE CENTER**  
*Making a Difference in People's Lives*®



Don't compromise when it comes to your mental health and wellness.

Crisis Hotline  
800-724-0461

## SPECIALIZED SERVICES

TRC Counseling & Psychiatric Services recognizes the challenges that a 21st century social atmosphere can place on people. We offer specializations in the following areas:

- ✓ Trauma-informed Care
- ✓ Autism
- ✓ Dialectical Behavior (DBT)
- ✓ Art & Play Therapy
- ✓ Dual Diagnosis
- ✓ Peer Support

## ENHANCE YOUR LIFE

TRC Counseling & Psychiatric Services will provide you with assistance in functioning more holistically in all aspects of your life. Our team is made up of professional staff who will craft a personalized recovery plan. This personalized plan acts as a road map to enable you to get the most out of life.

## HOLISTIC TREATMENT

TRC Counseling & Psychiatric Services treats the whole person. TRC has invested in a care model to provide enhanced coordination between existing traditional service environments within our Primary Care and Mental Health Programs. We can also coordinate treatment with public school counselors and other clinicians.

We help you navigate a variety of life stressors including, but not limited to:

- Depression
- Anxiety
- Relationships
- Fear & Phobias
- Grief & Loss
- Bipolar Disorders
- Parenting Challenges
- Child Disorders
- Schizophrenia
- Stress Management
- Divorce/Separation
- Alcohol/Drug Addiction
- Trauma
- Obsessive and Compulsive Behaviors
- Overcoming barriers of functioning
- Other mental health conditions

## SERVICES OFFERED

- ✓ Individual Counseling
- ✓ Couples Counseling
- ✓ Family Counseling
- ✓ Group Counseling
- ✓ Child/Youth Counseling

All of our programs offer a comprehensive menu of treatment options including:

- Psychiatric evaluations
- Medication management
- Clinical counseling

TRC Counseling & Psychiatric Services has served our community by providing quality mental health treatment options for over 20 years! We are here to help.



**Anthony D.**  
Client Success Story

*I believe that recovery is staying clean. Full recovery is mending the damaged relationships. TRC Counseling saved my life by giving me the tools necessary to repair the damage inflicted on my family and friends.*



**Deb R.**  
Client Success Story

*The counselors here are wonderful, and have helped me so much. I highly recommend TRC Counseling to anyone that needs help with mental health issues.*



**Christine T.**  
Client Success Story

*I don't know where I'd be today without TRC. They've helped me build confidence, skills, and a better life.*