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## Telehealth Mental Health Assessment and Treatment Appointments Now Available

The need for social distancing has brought many complications into the lives of students and families across New Jersey. Isolation from peers, overexposure to triggers in the home, and severe anxiety surrounding the coronavirus crisis only compounds the existing stress the average student is facing.

It is important to recognize a few signs that indicate your teen may need additional help:

- Changes in eating/sleeping habits
- Inability to concentrate
- Drastic mood swings
- Emotional outbursts, excessive anger or crying
- Self-harm (cutting, scratching, burning)
- Suicidal thoughts

In this uncertain time, more and more teens are experiencing these types of symptoms, but few families know when to seek help, or how to access services. If you are sensing that your child is an immediate threat to harm him or herself, please call 911 for direction on how get help immediately.

Due to the need for families to avoid public settings and stay at home for extended periods of time, help in less imminent situations can be difficult to come by. However, there are still ways to access support from home in both group and individual therapeutic settings.

**High Focus Centers in Parsippany is offering mental health assessments and treatment programs via telehealth videoconferencing as a way to improve access to important services.** A licensed clinician will offer a comprehensive evaluation and provide a diagnosis along with a treatment recommendation. Treatment often varies from 3-5 days per week and includes group, individual, and family therapy. Psychiatric services and medication management are also included as part of our programs.

Appointments can be scheduled quickly by calling **(800) 877-3628**. For more information visit our website at [www.highfocuscenters.com](http://www.highfocuscenters.com).



*A Premier Provider of Structured Outpatient  
Substance Use and Mental Health Treatment Programs*