



OESTERLEN

Empowering Individuals to Thrive

MENTAL HEALTH COUNSELING

**Silence doesn't help.
Acceptance and
understanding can.**

Mental illness is a condition that affects a person's thinking, feelings and/or mood.

Oesterlen is helping children, young adults, adults and families understand the impact these conditions can have on your day-to-day life and your ability to relate and connect with others.



You are not alone.

Mental health conditions are far more common than you think:

- 1 in 5** U.S. adults experience mental illness each year
- 1 in 20** U.S. adults experience serious mental illness each year
- 1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- 50%** of all lifetime mental illness begins by age 14, and 75% by age 24

Working with professionally trained and licensed clinicians can help guide you toward recovery through understanding yourself and how your experiences influence your behaviors. Through individual and group counseling, the goal of treatment is to help you function more effectively at home, in school, in work and in the community. Our counselors will help you develop new skills, expand abilities, and find success.

If you or someone you know is:

- Experiencing a Mental Health Condition such as: Anxiety, ADHD, Psychosis, Depression
- Struggling with - or - a victim of: trauma, physical or emotional abuse, violence, or sexually abusive behaviors
- A youth experiencing struggles with misuse of alcohol or other substances

We are here for you.

Referrals • Appointments • Telehealth

937-399-6101 x141 • www.oesterlen.org



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Costs of Treatment

Oesterlen accepts Medicaid Insurance and many commercial/private insurances. Limited funding is available to support a sliding fee scale. A financial advocate is available to evaluate payment options and resources.

Oesterlen's Agency Credentials

Oesterlen is licensed and/or certified by Ohio Department of Mental Health and Addiction Services, the Ohio Department of Jobs and Family Services, the Ohio Department of Developmental Disabilities, and the Ohio Department of Youth Services, as well as nationally accredited by the Council on Accreditation. Oesterlen is a founding member of the Ohio Children's Alliance and Lutheran Services in America. Oesterlen is affiliated with the Evangelical Lutheran Church in America and its synods in Ohio.

