

EPH Mental Health

Compassionate Care • Personalized Treatment • Better Outcomes

Your Doctor Has Referred You to EPH Mental Health

Mental health is an essential part of your overall health and well-being. If you are experiencing anxiety, depression, stress, difficulty concentrating, mood changes, sleep concerns, or other emotional challenges, EPH Mental Health can provide the support and treatment you need.

Our experienced providers offer compassionate, patient-centered care in a welcoming and confidential environment. We work closely with you to understand your concerns, develop a personalized treatment plan, and help you achieve your mental health goals.

Services We Provide

- Psychiatric Evaluations • Medication Management • Individual Therapy & Counseling
- Anxiety & Depression Treatment • ADHD Assessment & Treatment • Trauma-Informed Care
- Stress Management • Grief & Loss Support • Telehealth & In-Person Appointments

What to Expect

Your first appointment includes a comprehensive evaluation of your symptoms, concerns, medical history, and treatment goals. Based on your individual needs, we will create a personalized plan that may include therapy, medication management, coping strategies, and ongoing support.

Benefits of Treatment

Mental health treatment can help you: ✓ Improve mood and emotional well-being ✓ Reduce anxiety, stress, and depression ✓ Improve focus, sleep, and daily functioning ✓ Develop healthy coping skills ✓ Strengthen relationships ✓ Increase confidence and resilience ✓ Enhance your overall quality of life

Why Choose EPH Mental Health?

- Compassionate and personalized care • Experienced mental health professionals
- Evidence-based treatment approaches • Flexible scheduling options
- Collaboration with your healthcare providers • Commitment to your long-term wellness

Schedule Your Appointment Today

Phone: 804.616.4378 Ext. 3 | Fax: 804.451.4586 | Email: info@ephmentalhealth.com
Website: www.ephmentalhealth.com | Virtual Services Offered

Your Mental Health Matters — Seeking help is a sign of strength. The team at EPH Mental Health is committed to helping you feel better, function better, and live better.