



Mental Health & Wellness



Adler Community Health Services (ACHS)

“Healing takes time and asking for help is a courageous step”
~Mariska Hargitay



Our team of masters and doctoral level psychology students are excited to offer a variety of FREE wellness services to the PHC staff this year. These services address issues such as:

- Stress
- Anxiety
- Mood
- Interpersonal Difficulties
- Burnout
- Grief
- Moral Distress
- Trauma



“Your mental health is everything– prioritize it. Make the time like your life depends on it, because it does.”
~ Mel Robbins

Scan me

Individual counselling self-referral form



Watch webinars on various mental health topics such as burnout and stress management by going to the new PHC website.

