



# COVE

## BEHAVIORAL HEALTH

*"When life's journey gets rough, we are your safe harbor"*

Have you  
experienced...

- Depression
- Anxiety
- Bipolar Disorders
- Social Withdrawal
- Insomnia
- Isolation
- Addiction

...then you may  
be dealing with  
a mental health  
issue.



# YOUR HEALTH MATTERS

## OUTPATIENT SERVICES

### Levels of Treatment

#### Traditional

- 2x a week for at least 12 weeks

#### Intensive

- 9 hours a week for a designated amount of time

#### Day Treatment

- 20 hours a week for a designated amount of time

### Services

- Telehealth Options
- Individualized Assessment and Treatment Planning
- Health Care Counseling
- Ongoing Treatment Plan Review
- Individual and Group Therapy
- Educational Resources
  - Support Resources
  - Life Skills
  - Counseling
  - Management Training
  - Education Assistance
- Acupuncture
- Psychiatric Services
- Transition, Continuing Care and Follow-Up
- Case Management

Our staff includes licensed mental health counselors and experts in medicinal treatment.

For more information, contact us at: (813) 384-4000  
or visit us at [www.CoveBH.org](http://www.CoveBH.org)