



# Adult Outpatient Services

Adult Outpatient Services offer brief solution-focused therapy, appointments in office or via telehealth video, and advocacy for yourself/family.

## Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:  
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

## What is expected of me?

- Participate in all appointments
- Support each other in the treatment process
- Understand that progress takes time, is a commitment, and is a process
- Take ownership of your recovery

## What to expect from my therapist?

- A clinician trained & certified in evidence-based treatment approaches
- A frequency of appointments based on severity of need and is agreed upon by the individual
- Offer guidance/advocacy in times of crisis
- Assist with developing safety and crisis prevention plans
- Provide a safe, private, and judgement-free space to process personal matters

## Who is eligible?

- Persons aged 18+ have a diagnosis of mental health or substance use disorder
- Individuals with mental health concerns that interfere with daily living
- Individuals not receiving services from another agency or have not been successful when participating in similar services

Talk With Us.

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