

# Youth Services

*Offering a full range of counseling and mental health services close to home*

According to studies, at least one in five children between the ages of 9 and 17 has a diagnosable mental illness in a given year\*. Hyland Behavioral Health offers a safe, comfortable, and youth-friendly environment for children to receive the best care and support they need as they grow.

Our counselors average over 20 years of clinical experience with youth. Hyland provides professional, individualized care that is tailored to meet the specific needs of our child and adolescent patients.

## *Outpatient Services*

### **Counseling Clinic:**

Provides individual, family, and group sessions focusing on anxiety, stress, depression, trauma, school issues, behavior management, relationship issues, and other topics.

### **Power Up:**

An ongoing weekly group that gives teens the opportunity to learn more about themselves, discern what they want from life, and engage with peers experiencing similar circumstances.

### **Intensive Outpatient:**

Highly-structured programs are for teens who are dealing with depression, anxiety, behavioral health, or chemical use issues.

## *Inpatient Psychiatric Services*

The inpatient program is a short term program in a secure facility for adolescents who are experiencing safety risks due to mental illness.

### **Contact Information:**

Please call 24 hours a day for assessments.

**Assessment for Services:**  
314.525.4400

**Counseling Clinic:**  
314.525.1400

**Outpatient Services:**  
314.525.7296

We accept most insurance plans.

Hyland Behavioral Health is located on the campus of St. Anthony's Medical Center in south St. Louis County.

It is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Member of the Association for Ambulatory Behavioral Health.

\* Mental Health Trends 2008-2009

