

# Springfield Wellness Center

## Behavioral Health Services



## On-Site Counseling Resources

The Springfield Wellness Center is pleased to offer confidential, professional counseling to eligible City of Springfield and Springfield School District employees and their families. Our expert staff can help you successfully work through problems that can interfere with day-to-day life, such as:

- Stress, Anxiety & Depression
- Healing from trauma, grief and/or loss
- Family and/or relational concerns/conflicts
- Change/transition & major life decisions

This additional benefit is available through your Springfield Wellness Center at 225 5th Street, inside City Hall.

**For more information or to schedule an appointment, contact us today:**

**541.345.2800**

On-site counseling appointments are available Tuesdays from 9am-6pm. Appointments are also available Mon-Fri at Cascade Health's Suzanne Way location. On-call counselors are available 24/7/365.



### Meet Tibor Besskó

Prior to joining Cascade Health, Tibor Besskó, worked for 17 years with adolescents and families from diverse backgrounds as a School Counselor.

Applying client-centered, trauma informed, and solution focused approaches, Tibor connects with individual's inherent goodness, intelligence, and power to help them address personal and interpersonal issues, heal from past traumas, and move through problems that may interfere with daily life.

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