



# Mental Health Center of North Central Alabama

Providing the highest quality treatment, education and assistance to people affected by mental health and substance use issues.

## Does your child need counseling? Help is available.

**Counseling and psychiatric services are available for elementary, middle, and high school students.** Services include: on-site counseling at area schools, off-site counseling at local clinics, psychiatric assessment and medication prescription, crisis intervention, consultation with teachers and parents, referrals for other services and more.

## How to know if your child may need counseling. *Is Your Child....*

- Having difficulties at home or at school?
- Experiencing depression, changes in mood, anxiety or increased stress?
- Getting in trouble?
- Acting differently? Have you observed changes in behavior such as isolation, regression, changes in sleep patterns, drastic changes in appetite?
- Exhibiting self-destructive behaviors?
- Talking about death or dying?
- Easily distracted and jumping from activity to activity?
- Not listening or paying attention when spoken to?
- Acting without regard for consequences, blurting things out?



**If you believe your child may need counseling or psychiatric services, please call ACCESS at (256) 355-5904 or toll-free at (800) 365-6008.**

**ALL CALLS ARE CONFIDENTIAL.**

*Accepting All Kids, Medicaid, \*Blue Cross Blue Shield (BCBS), and others.*

\* School system employees, State employees, and some federal employees



[www.mhcna.org](http://www.mhcna.org)



@MentalHealthNCA



@MentalHealthNCA



A United Way Agency

Decatur-Morgan Counseling Center  
4110 Hwy. 31 South  
Decatur, AL 35603

Albany Clinic Children's Services  
1315 13th Avenue SE  
Decatur, AL 35601

Administrative Offices  
1316 Somerville Rd., SE, Ste. 1  
Decatur, AL 35601

Moulton-Lawrence Counseling Center  
295 Hospital Street  
Moulton, AL 35650

Athens-Limestone Counseling Center  
1307 East Elm Street  
Athens, AL 35611