

“Jefferson Hospital Center for Behavioral Health provides a safe environment, surrounded by people who truly care and are available to help. This is the answer for so many who face behavioral health issues.”

-Wendy Martin, Jefferson Hospital CEO

Depression and anxiety are common, but they are not normal at any age. Depression affects millions of adults, yet only a small percent receive treatment or medical management resources. We can help. Our goal is to help patients safely return to their optimal style of living. Allow us to partner with you in making the future brighter for you and your loved one.

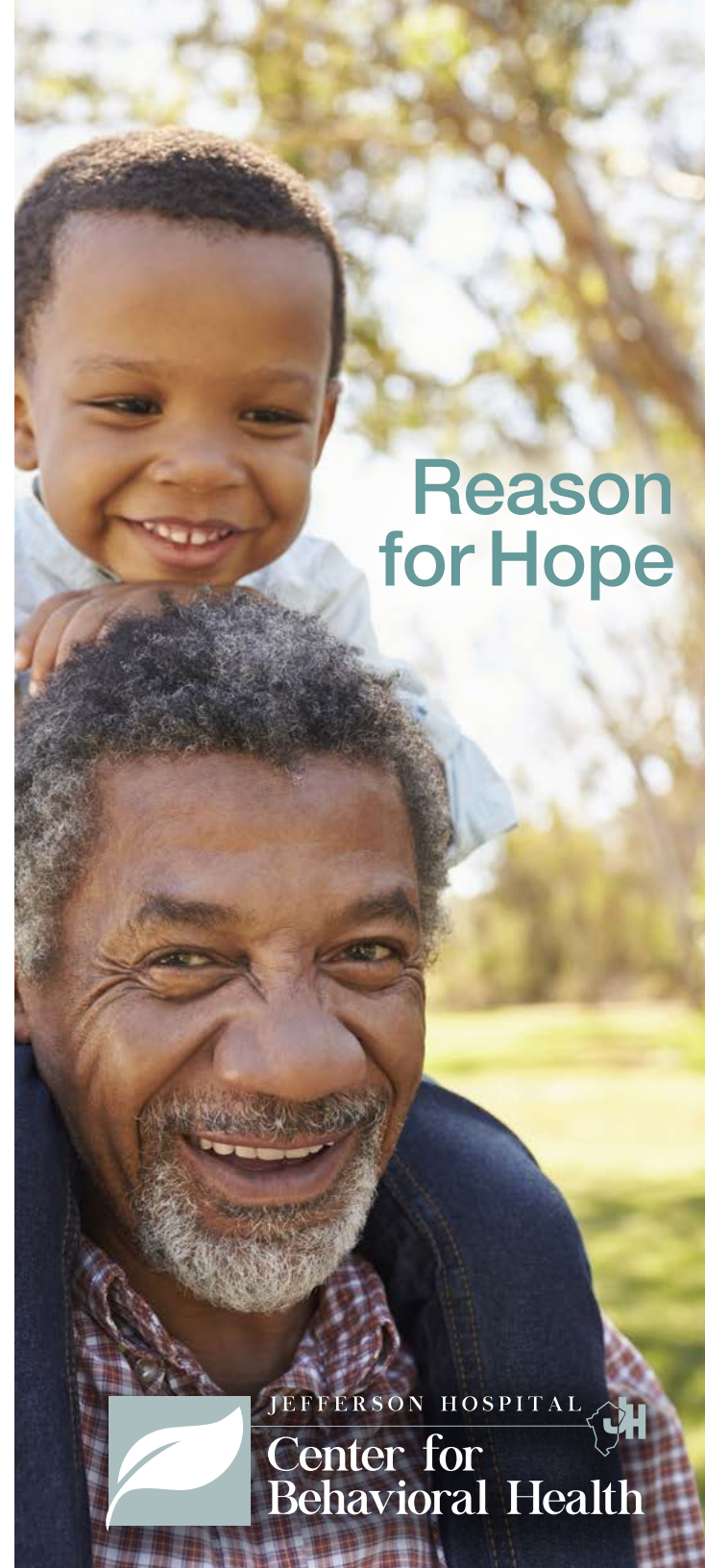
**Jefferson Hospital  
Center for Behavioral Health**

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**Reason  
for Hope**



JEFFERSON HOSPITAL   
**Center for  
Behavioral Health**

## What to Look For

Ranging from mild to severe, consult our staff if one or more of the following symptoms apply:

- Loss of energy or motivation
- Changes in sleep patterns: insomnia, hypersomnia, sleeping during the day and up during the night
- A depressed or empty mood
- Loss of pleasure in activities
- Substantial, unplanned weight loss or gain
- Restlessness, irritability
- Feelings of helplessness or hopelessness
- Excessive or inappropriate guilt
- Difficulty thinking clearly
- Recurrent thoughts of death or suicide
- Excessive anxiety or worry
- Confusion & disorientation in familiar surroundings
- Aggression, impulsivity, hyperactivity
- Obsessive compulsive behaviors
- Lapses in speech
- Adjustment issues or difficulty adjusting to life changes

## Treatment Options

### Inpatient Treatment

Some symptoms are too much for an independent caregiver to manage alone. We can evaluate your loved one and create a plan of care targeted at an optimum level of improvement for their unique needs.

- Diagnostic Testing
- Psychiatric & Physical Assessment
- Medical Management & Education
- Individualized Treatment Planning
- Family Education & Support
- Basic Life Skill Enhancement
- 24-hour Nursing & Medical Support
- Placement Assistance
- Individual & Group Therapy
- Therapeutic Activities

### Outpatient Treatment

Sometimes a helping hand is all that's needed to get your life back on track. The proper guidance and regular attention of experienced professionals can lead to an improved lifestyle as well as better overall health.

- Confidential treatment
- Psychiatric & psychosocial assessment
- Medication management
- Group, individual and family therapy
- Therapeutic activities
- A noon meal during the day
- Coordinating the patient's care with the individual's primary care physician
- 6-12 week program (2-4 days per week)
- Discharge planning

## Your Treatment Team

Our treatment team is designed to ensure quality patient care for your behavioral health needs. Partnering with your family doctor, your team may include:

- Medical Director
- Nurses
- Therapists
- Social Worker

## We Can Help.

For more information:

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