



# OPERATION RESILIENCY

you promise to defend, we promise to support

**BEHAVIORAL  
HEALTH  
MILITARY  
RESOURCE  
GUIDE**

**Mississippi Department of Mental Health**  
**Toll Free Help Line: 1-877-210-8513**  
**Available 24 hours a day, 7 days a week**  
**ALL CALLS AND COMMUNICATION ARE CONFIDENTIAL**

**The Mississippi Department of Mental Health's Office of Constituency Services provides confidential information and referrals regarding services for persons with mental illness, intellectual and developmental disabilities, substance abuse, and Alzheimer's disease and other dementia. The Help Line staff can also give population specific referrals to veterans that contact the Help Line for assistance.**

**If you are not comfortable on the phone, send an email or text through  
"Talk About It" (see the back of this booklet for more info).**

# INTRO



More than 100,000 combat veterans have sought help for mental health issues since the start of the war in Afghanistan in 2001. That's about one in seven out of all the service men and women who have left the military since then. Our military service members are strong, enduring hundreds of hours of training to build and maintain physical strength and endurance. In addition the United States spends billions on equipment and technological support. They deserve the same levels of support to build and maintain mental fitness and resiliency. Stress, fear, sadness and depression aren't the kinds of wounds everyone may see, but they're wounds nonetheless. They don't need to be hidden.

This resource guide details services offered through the Mississippi Department of Mental Health and the Regional Community Mental Health Centers. An individual needing help can often be successfully treated without having to go to a hospital. Contact your local community mental health center and staff will explain the possibilities and options available. An assessment will occur and a determination will be made if mental health services would be helpful, such as medication, individual and/or family therapy, psychosocial rehabilitation services (therapeutic activities in a day program can help individuals achieve/maintain as much independence in daily life as possible), residential services, and family or consumer education.

**In addition to this resource guide there are a variety of other, certified mental health programs in your area. For a current list and contact information call the Mississippi Department of Mental Health toll-free Help Line at 1-877-210-8513.**

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# ADULT SERVICES

**Pre-Evaluation Screening:** Provides descriptive information to determine whether or not further examination is needed. A diagnosis is not made during this screening step, but recommendations for services may be given.

**Outpatient Therapy:** Includes individual, family, group, and multi-family group therapies. These therapies are the most typically used interventions.

**Physician/Psychiatric Services:** Provides access to physician/psychiatric services to include medication evaluation and monitoring, prescribing of medications, and regular monitoring of the effects of medication prescribed, and certifying individual treatment plans every 6 months.

**Case Management Services:** Coordinates and helps individuals access needed medical, social, educational, and other services. Activities include individual identification, assessment, reassessment, service planning, referral, service delivery monitoring, and supportive counseling as well as outreach services designed to seek out and engage persons who are eligible for case management, including children with a serious emotional disturbance.

**Individual Therapeutic Support:** Provides one-on-one supervision of an individual during a period of extreme crisis in which hospitalization would be necessary without this service.

**Intensive Residential Treatment:** Time-limited services designed to serve adults in crisis that if not addressed would likely result in the need for inpatient care. The community-based service setting provides intensive mental health assessment and treatment. Follow-up outreach and aftercare services are provided.



photo from dvidshub.net

# ADULT SERVICES



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**Acute Partial Hospitalization Services:** Provides medical supervision, nursing services, structured therapeutic activities and intensive psychotherapy (individual, family and/or group) to individuals who are experiencing a period of such acute distress that their ability to cope with normal life circumstances is severely impaired.

**Inpatient Referral Services:** Provides access to inpatient services in the individual's locale when appropriate.

In addition to the above services, there are several other more intensive programs for adults which include:

- Psychosocial Rehabilitation
- Halfway House Services
- Group Home Services
- Elderly Psychosocial Rehabilitation
- Intensive Residential Treatment
- Supervised Housing
- SMI Homeless (services for homeless individuals with serious mental illness)
- Drop-In Centers
- Adult Making A Plan (AMAP) Teams
- Alzheimer's Disease and Other Dementia
- MIMS (Mental Illness Management Services)
- Day Support

Additional information about Adult Services can be obtained through your Community Mental Health Center.

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	<i>Psychosocial Rehab</i>	<i>Inpatient Referrals</i>	<i>Pre-Eval Screening</i>	<i>Outpatient Therapy</i>	<i>Case Management</i>	<i>Physician Services</i>	<i>Halfway House</i>	<i>Group Home</i>	<i>Acute Partial Hosp.</i>
Region 1	●	●	●	●	●	●			
Region 2 (Communicare)	●	●	●	●	●	●		●	
Region 3	●	●	●	●	●	●		●	
Region 4 (Timber Hills)	●	●	●	●	●	●			
Region 5 (Delta Community Mental Health)	●	●	●	●	●	●			●
Region 6 (Life Help)	●	●	●	●	●	●			
Region 7 (Community Counseling Services)	●	●	●	●	●	●	●		●
Region 8	●	●	●	●	●	●			
Region 9 (Hinds Behavioral Health)	●	●	●	●	●	●			
Region 10 (Weems)	●	●	●	●	●	●			
Region 11 (Southwest MS Mental Health Complex)	●	●	●	●	●	●			
Region 12 (Pine Belt Mental Healthcare Resources)	●	●	●	●	●	●			
Region 13 (Gulf Coast Mental Health)	●	●	●	●	●	●			
Region 14 (Singing River Services)	●	●	●	●	●	●			
Region 15 (Warren-Yazoo Mental Health)	●	●	●	●	●	●		●	●

# COMMUNITY MENTAL HEALTH CENTERS

## ADULT SERVICES

	<i>Elderly Psych Rehab</i>	<i>Intensive Residential</i>	<i>Supervised Housing</i>	<i>SMI Homeless</i>	<i>Drop-In Centers</i>	<i>AMAP Teams</i>	<i>Alzheimer's/Dementia</i>	<i>MIMS</i>	<i>Ind. Therapeutic Support</i>	<i>Day Support</i>
Region 1	●							●		
Region 2 (Communicare)										
Region 3	●									●
Region 4 (Timber Hills)	●		●		●			●		
Region 5 (Delta Community Mental Health)	●		●					●		
Region 6 (Life Help)	●	●	●			●	●		●	
Region 7 (Community Counseling Services)	●		●			●				
Region 8	●		●			●			●	
Region 9 (Hinds Behavioral Health)	●									
Region 10 (Weems)	●							●		
Region 11 (Southwest MS Mental Health Complex)	●									●
Region 12 (Pine Belt Mental Healthcare Resources)	●									
Region 13 (Gulf Coast Mental Health)		●						●		
Region 14 (Singing River Services)	●		●	●						
Region 15 (Warren-Yazoo Mental Health)	●	●	●							

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# ALCOHOL AND DRUG ABUSE SERVICES



**Detoxification:** The process through which a person who is physically and/or psychologically dependant on alcohol, illegal drugs, prescription medications, or a combination of these drugs is withdrawn from the drug or drugs of dependence. Methods include medical detoxification provided in a hospital setting and social detoxification provided in a residential treatment environment.

**Outpatient Services:** Outpatient treatment includes individual, family, group, and multi-family group therapies. These therapies are the most typically used interventions.

**Day Treatment:** A behavioral intervention program which provides individuals with substance abuse issues, who require less than twenty-four (24) hour-a-day care, the intensity of treatment necessary to enable them to live in the community.

**Primary Residential Programs:** A group living environment provides the individual with a comprehensive program of services that is easily accessible and responsive to his/her needs. Because alcohol and drug dependency is a multidimensional problem, various treatments can be made available through the program.

**Transitional Residential:** The next step after an individual has successfully completed Primary Treatment. It provides residential substance abuse treatment in a group living environment designed to prevent relapse.

**Outreach/Aftercare:** Outreach provides information on, encourages utilization of, and provides access to needed prevention, treatment or support services in the community to assist persons with alcohol/drug problems and/or their families. Aftercare is designed to assist individuals who have completed primary substance abuse treatment in maintaining sobriety and achieving positive vocational, family, and personal adjustment.

**Intensive Outpatient Services:** A 10-15 week community based outpatient program for individuals who need more intensive treatment services than traditional outpatient services, usually 3 nights a week for at least 3 hours per day. This allows individuals to fulfill their obligations to family, job and community.

# ALCOHOL AND DRUG ABUSE SERVICES

**DUI Diagnostic Services:** An in-depth diagnostic assessment targeting convicted multiple DUI offenders. If the result was positive for alcohol and/or drug problem, the offender could elect to participate in a DUI program certified by the Department of Mental Health. Successful completion of treatment entitles the offender to a reduction in his/her suspension period.

**Co-Occurring Disorders:** Services are provided for individuals with both a serious mental illness and a substance abuse problem to reduce their risk of hospitalization or re-hospitalization.

**Prevention Services:** Involves interacting with people, communities, and systems to promote programs aimed at substantially preventing alcohol, tobacco, and other drug abuse, delaying its onset and/or reducing substance abuse-related behaviors.



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# ALCOHOL AND DRUG ABUSE SERVICES

In addition to alcohol and drug programs affiliated with the Community Mental Health Centers, DMH certifies a number of freestanding treatment and prevention facilities and offers treatment at Mississippi State Hospital (MSH) and East Mississippi State Hospital (EMSH). Treatment at either MSH or EMSH requires commitments made through the Community Mental Health Centers. You can request more information about any of the treatment facilities or the commitment process through DMH's Help Line at 1-877-210-8513. You may also request a copy of the Alcohol and Drug Prevention and Treatment Resources booklet from DMH at 601-359-1288.

## Tips on Making a Referral for Alcohol and Drug Treatment Services

When making a referral, it is advisable to check with several treatment options before determining the best location. Each facility is different and has its own policies and procedures. Information that individuals and families find important for helping them determine the best treatment location include:

- **Admission Procedures and Criteria:** What are the criteria for admission?
- **Ratio of Clinical and Recovering Staff:** Some individuals have a preference. Individuals with Co-occurring disorders have a need for staff trained in mental health disorders.
- **Discharge Policies**
  - Requirements for satisfactory certificate of completion
  - Criteria for early discharge due to noncompliance
- **Theoretical Style and Philosophy:** Is treatment based on a Twelve Step model or other?
- **Fees for Service:** How much and for what services? Is it negotiable? Will they accept a payment plan?
- **Availability of Psychiatric Care:** Will the individual have access to a psychiatrist if needed?
- **Length of Stay:** What is the minimum requirement to receive a certification of completion?
- **Family Visitation Policies:** What are the policies? How many family members are allowed per visit? How do you define family?
- **Bed Availability:** How soon could the individual be admitted?
- **Location**
- **Style and Quality of Family Programs:** Is attendance mandatory? When is the Family Program and who conducts it?
- **Aftercare Services:** What is offered post treatment completion?



# COMMUNITY MENTAL HEALTH CENTERS

## ALCOHOL & DRUG SERVICES

	Primary Resident	Outreach/Aftercare	Prevention Services	DUI Diagnostic	Co-Occurring Disorders	Detoxification Services	Transitional Residential	Day Treatment	Intensive Outpatient
Region 1	●	●	●	●	●	●	●		
Region 2 (Communicare)	●	●	●	●	●	●	●		
Region 3	●	●	●	●	●	●	●		●
Region 4 (Timber Hills)	●	●	●	●	●	●	●		
Region 5 (Delta Community Mental Health)	●	●	●	●	●	●	●		●
Region 6 (Life Help)	●	●	●	●	●	●			●
Region 7 (Community Counseling Services)	●	●	●	●	●	●	●		●
Region 8	●	●	●	●	●	●			●
Region 9 (Hinds Behavioral Health)		●	●	●	●	●			
Region 10 (Weems)	●	●	●	●	●	●	●		●
Region 11 (Southwest MS Mental Health Complex)	●	●	●	●	●	●			●
Region 12 (Pine Belt Mental Healthcare Resources)	●	●	●	●	●	●	●		●
Region 13 (Gulf Coast Mental Health)	●	●	●	●	●	●			●
Region 14 (Singing River Services)	●	●	●	●	●	●	●		●
Region 15 (Warren-Yazoo Mental Health)	●	●	●	●	●	●		●	●

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# CHILDREN AND YOUTH SERVICES



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**Case Management Services:** Coordinates and provides services that help individuals access needed medical, social, educational, and other services. Activities include individual identification, assessment, reassessment, service planning, referral, service delivery monitoring, and supportive counseling as well as outreach services designed to seek out and engage persons who are eligible for case management, including children with a serious emotional disturbance.

### **Alcohol and Drug Residential Treatment Programs for Adolescents:**

Community-based residential treatment is provided for adolescents with substance abuse problems or with a dual diagnosis.

**Outpatient Therapy:** Includes individual, family, group, and multi-family group therapies. These therapies are the most typically used interventions.

**Physician/Psychiatric Services:** Provides access to physician/psychiatric services to include medication evaluation and monitoring, prescribing of medications, and regular monitoring of the effects of medication prescribed, and certifying individual treatment plans every 6 months.

**Therapeutic Nursing Services:** Registered nurses provide nursing services to children with serious emotional disturbances, such as information about medications, physical observations/assessments, monitoring of behavior, eating and sleeping habits, assistance with health objectives on treatment plans, etc.

**Intensive Crisis Intervention Services:** Intensive Crisis Intervention Services refer to specialized, time-limited interventions, available twenty-four (24) hours a day, seven (7) days/week.

**Crisis Response Services:** Provides immediate face to face crisis response to the location of the youth/family in crisis, rather than the youth /family going to the mental health staff's location.

**Individual Therapeutic Support:** Provides one-on-one supervision of an individual during a period of extreme crisis in which hospitalization would be necessary without this service.

# CHILDREN AND YOUTH SERVICES

## **Adolescent Offender Programs (AOP):**

Adolescent Offender Programs represent a state-level and community based partnership among the Department of Human Services, Department of Mental Health, and the Youth Court Judges, Community Mental Health Centers, and other local community non-profit agencies. Based on the day treatment model, AOPs provide a mechanism within communities to reduce the number of youth offenders being placed in state custody.

**Day Treatment:** A behavioral intervention program which provides children/adolescents with serious emotional disturbances the intensity of treatment necessary to enable them to live in the community. The program is based on behavior management principles and includes, at a minimum, positive feedback, self-esteem building and social skills training. Additional components may include skills training in the areas of impulse control, anger management, problem-solving, and/or conflict resolution.

**MAP Teams:** The Making A Plan (MAP) Teams address the needs of children up to age 21 years of age with serious emotional/behavioral disorders, who require services from multiple agencies.

**Prevention/Early Intervention:** Includes preventive health programs targeting vulnerable at risk groups to prevent the occurrence of mental health and/or emotional problems and service programs designed to intervene as early as possible following the identification of a problem. Prevention and/or early intervention programs may be designed to target a specific group, such as children who have been abused and/or neglected, teenage parents and their children, and young children and their parents.

## **Fetal Alcohol Spectrum Disorder**

**(FASD) Screening:** FASD screening assessments are made available through the 15 CMHCs and the MAP Teams to identify children/youth that screen positive for possible FASD and need to receive a diagnostic evaluation at the Child Development Center at University Mississippi Medical Center to determine if an FASD diagnosis is warranted.

**Transitional Living Services:** Assists adolescents in making the transition to independent living and preparation for paid employment by providing individuals with the information and skills to manage financial, medical, housing, transportation, special/recreational and other daily living needs.

**School-Based Services:** Services provided in a school setting that are more intensive than traditional case management services. These services include crisis intervention and consultation and may be provided to children with serious emotional disturbance or intellectual/developmental disabilities.

**MIMS (Mental Illness Management Services):** Intensive case management services with a therapeutic focus by higher level professional expertise/skill providers.

**Family Education:** Provides self-help and mutual support for families of youth with mental illness or emotional disturbances based on the view that individuals with similar circumstances may assist each other, and that the support of other concerned individuals is a great asset in helping to cope with difficulties.

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	Case Management	Day Treatment	Outpatient Therapy	Physician Services	MAP Teams	Therapeutic Nursing Services	Prevention/Early Intervention	FASD Screening	Intensive Crisis Intervention
Region 1	●	●	●	●	●			●	
Region 2 (Communicare)	●	●	●	●	●			●	
Region 3	●	●	●	●	●			●	●
Region 4 (Timber Hills)	●	●	●	●	●	●		●	
Region 5 (Delta Community Mental Health)	●	●	●	●	●			●	
Region 6 (Life Help)	●	●	●	●	●			●	
Region 7 (Community Counseling Services)	●	●	●	●	●		●	●	
Region 8	●	●	●	●	●	●	●	●	
Region 9 (Hinds Behavioral Health)		●	●	●	●			●	
Region 10 (Weems)	●	●	●	●	●			●	
Region 11 (Southwest MS Mental Health Complex)	●	●	●	●	●			●	
Region 12 (Pine Belt Mental Healthcare Resources)	●	●	●	●	●			●	
Region 13 (Gulf Coast Mental Health)	●	●	●	●	●			●	●
Region 14 (Singing River Services)	●	●	●	●	●			●	
Region 15 (Warren-Yazoo Mental Health)	●	●	●	●	●			●	●

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	<i>Crisis Response Services</i>	<i>Transitional Living</i>	<i>A&amp;D Residential Treatment</i>	<i>Adolescent Offender Program</i>	<i>School-Based Services</i>	<i>MIIMS</i>	<i>Ind. Therapeutic Support</i>	<i>Family Education</i>
Region 1			●	●	●	●		
Region 2 (Communicare)					●			
Region 3				●	●			
Region 4 (Timber Hills)	●			●	●	●		
Region 5 (Delta Community Mental Health)				●	●			
Region 6 (Life Help)				●	●		●	
Region 7 (Community Counseling Services)	●		●	●	●			
Region 8	●				●		●	
Region 9 (Hinds Behavioral Health)					●			
Region 10 (Weems)				●	●	●		●
Region 11 (Southwest MS Mental Health Complex)				●				
Region 12 (Pine Belt Mental Healthcare Resources)	●	●		●	●			
Region 13 (Gulf Coast Mental Health)					●			
Region 14 (Singing River Services)					●			
Region 15 (Warren-Yazoo Mental Health)				●		●		

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# INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD)

**Case Management:** Assist individuals with intellectual/developmental disabilities gain access to any needed social, medical, and/or educational services in order to successfully live in the community.

**Work Activity Centers:** Provided for persons 16 years old and older who have intellectual/developmental disabilities. The intent is to assist individuals in increasing their productivity and self-sufficiency, in developing work and independent living skills, and to provide opportunities for community integration.

**Community Living:** Offers needed supervision, monitors health and physical condition, and assist with activities of daily living. Different levels of assistance are available ranging from 24 hour/7 days per to weekly contact. Includes Supported Living and Supervised Living.

**Elderly Psychosocial Rehabilitation:** Designed to enhance and support the ability of older adults with intellectual/developmental disabilities to function at the highest possible level of independence in the most integrated setting appropriate to their needs.

**Day Support:** Structured activities designed to support and enhance the functioning of individuals who are able to live independently in the community. This program is the least intensive psychosocial rehabilitative service available.

**Day Treatment:** An intervention program which provides individuals with intellectual and/or developmental disabilities, who require less than twenty-four (24) hour-a-day care, the intensity of treatment necessary to enable them to live in the community.

**Supported Employment:** Designed to increase the independence, community integration, and productivity of individuals by assisting them in finding and keeping community employment. Includes recruitment of individuals from other services to competitive employment, job finding, matching the individual to appropriate jobs, and employment maintenance.



# INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD)



## Home and Community Based Waiver Services

**Residential Habilitation:** Provides individually tailored supports to assist an individual with the acquisition, retention, or improvement of skills related to living in the community. Staff are available 24 hours a day 7 days per week.

**Day Services:** Provides assistance with acquisition, retention, or improvement in self-help, socialization, and adaptive skills. Services are provided in a non-residential setting, separate from the participant's private residence, and occur four or more hours per day on a regularly scheduled basis for one or more days per week as specified in the Plan of Care.

**Prevocational Services:** Designed to prepare an individual for paid or unpaid employment, are not job task oriented, and include teaching such concepts as compliance, attendance, task completion, problem solving and safety. Provided to persons not expected to join the general workforce or participate in a transitional sheltered workshop within one year.

**Child Development Services:** Provides activities which promote the development of the intellectual, physical, emotional and social growth of children as well as parent support and education. Intended to supplement parental care through a program of planned developmental experiences which assist the child from birth to age 4 in developing the skills and abilities for self-sufficiency in the future.



# COMMUNITY MENTAL HEALTH CENTERS

## INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

	Case Management	Work Activity Centers	Community Living	Supported Employment	Day Support	Day Treatment	Elderly Psych Rehab	HCBS Residential Habilitation	HCBS Day Services
Region 1	●	●	●	●	●	●	●	●	●
Region 2 (Communicare)		●	●	●	●	●	●	●	●
Region 3		●	●	●	●	●		●	
Region 4 (Timber Hills)	●	●	●	●	●	●	●	●	●
Region 5 (Delta Community Mental Health)	●	●	●	●	●	●			●
Region 6 (Life Help)	●	●	●	●	●	●			●
Region 7 (Community Counseling Services)	●	●	●	●	●	●	●		●
Region 8	●	●	●	●	●	●			●
Region 9 (Hinds Behavioral Health)		●	●	●	●	●		●	●
Region 10 (Weems)		●	●	●	●	●	●		●
Region 11 (Southwest MS Mental Health Complex)	●	●	●	●	●	●			●
Region 12 (Pine Belt Mental Healthcare Resources)	●	●	●	●	●	●	●		●
Region 13 (Gulf Coast Mental Health)		●	●	●	●	●			●
Region 14 (Singing River Services)	●	●	●	●	●	●	●		●
Region 15 (Warren-Yazoo Mental Health)	●	●	●	●	●	●		●	●

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## INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

HCBS Prevocational Services

Child Development Services

Region 1		
Region 2 (Communicare)		
Region 3		
Region 4 (Timber Hills)	●	
Region 5 (Delta Community Mental Health)		●
Region 6 (Life Help)	●	
Region 7 (Community Counseling Services)	●	
Region 8	●	
Region 9 (Hinds Behavioral Health)		
Region 10 (Weems)		
Region 11 (Southwest MS Mental Health Complex)		
Region 12 (Pine Belt Mental Healthcare Resources)	●	
Region 13 (Gulf Coast Mental Health)	●	
Region 14 (Singing River Services)	●	
Region 15 (Warren-Yazoo Mental Health)	●	



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# REGIONAL COMMUNITY MENTAL HEALTH CENTERS

Region 1 MHC  
1742 Cheryl St.  
Clarksdale, MS 38614  
(662) 627-7267

Region 2, Communicare  
152 Highway 7, S.  
Oxford, MS 38655  
(662) 234-7521

Region 3 MHC  
2434 S. Eason Blvd.  
Tupelo, MS 38804  
(662) 844-1717

Region 4, Timber Hills  
303 N. Madison St.  
Corinth, MS 38834  
(662) 286-9883

Region 5, Delta  
Community MH  
1654 E. Union St.  
Greenville, MS 38703  
(662) 335-5274

Region 6, Life Help  
Old Browning Road  
Greenwood, MS 38930  
(662) 453-6211

Region 7, Community  
Counseling Services  
302 N. Jackson St.  
Starkville, MS 39759  
(662) 323-9261

Region 8 MHC  
613 Marquette Road  
Brandon, MS 39042  
(601) 825-8800

Region 9,  
Jackson MHC  
P.O. Box 7777  
Jackson, MS 39284  
(601) 321-2400

Region 10, Weems  
1415 College Road  
Meridian, MS 39307  
(601) 483-4821

Region 11, Southwest  
1701 White St.  
McComb, MS 39648  
(601) 684-2173

Region 12, Pine Belt  
103 S. 19th Ave.  
Hattiesburg, MS 39401  
(601) 544-4641

Region 13, Gulf Coast  
1600 Broad Ave.  
Gulfport, MS 39501-3603  
(228) 863-1132

Region 14,  
Singing River  
3407 Shamrock Court  
Gautier, MS 39553  
(228) 497-0690

Region 15,  
Warren-Yazoo  
3444 Wisconsin Ave.  
Vicksburg, MS 39180  
(601) 638-0031

DMH licenses the 15 CMHC providers which operate as private non-profits under the supervision of regional commissions appointed by county boards of supervisors comprising their respective service areas.



# COMMUNITY MENTAL HEALTH CENTERS

Each MS county is located in the service area of one of the mental health regions listed on the previous page. See below for the region that serves your county of residence.

County	Region	County	Region
Adams	11	Leflore	6
Alcorn	4	Lincoln	8
Amite	11	Lowndes	7
Attala	6	Madison	8
Benton	3	Marion	12
Bolivar	5	Marshall	2
Calhoun	2	Monroe	3
Carroll	6	Montgomery	6
Chickasaw	3	Neshoba	10
Choctaw	7	Newton	10
Claiborne	11	Noxubee	7
Clarke	10	Oktibbeha	7
Clay	7	Panola	2
Coahoma	1	Pearl River	13
Copiah	8	Perry	12
Covington	12	Pike	11
DeSoto	4	Pontotoc	3
Forrest	12	Prentiss	4
Franklin	11	Quitman	1
George	14	Rankin	8
Greene	12	Scott	10
Grenada	6	Sharkey	5
Hancock	13	Simpson	8
Harrison	13	Smith	10
Hinds	9	Stone	13
Holmes	6	Sunflower	6
Humphries	6	Tallahatchie	1
Issaquena	5	Tate	2
Itawamba	3	Tippah	4
Jackson	14	Tishomingo	4
Jasper	10	Tunica	1
Jefferson	11	Union	3
Jefferson Davis	12	Walthall	11
Jones	12	Warren	15
Kemper	10	Washington	5
Lafayette	2	Wayne	12
Lamar	12	Webster	7
Lauderdale	10	Wilkinson	11
Lawrence	11	Winston	7
Leake	10	Yalobusha	2
Lee	3	Yazoo	15

# OTHER RESOURCES

MS Families as Allies for Children's Mental Health  
1-800-833-9671  
[www.msfaacmh.org](http://www.msfaacmh.org)

National Alliance for the Mentally Ill  
(NAMI) Mississippi Chapter  
1-800-357-0388  
[www.namims.org](http://www.namims.org)

Mental Health America  
1-800-969-6642  
[www.nmha.org](http://www.nmha.org)

Mental Health Association of Mississippi  
1-800-584-6274

**The role of the Crisis Stabilization Centers is to provide stabilization and treatment services to persons who are in psychiatric crisis.**

Corinth Crisis Stabilization Center  
662-665-2940

Cleveland Crisis Stabilization Center  
662-846-2620

Laurel Crisis Stabilization Center  
601-426-7520

Grenada Crisis Stabilization Center  
662-227-3700

Batesville Crisis Stabilization Center  
662-712-1100

Brookhaven Crisis Stabilization Center  
601-823-2300

Newton Crisis Stabilization Center  
601-683-4300

# DEPARTMENT OF MENTAL HEALTH OFFICE OF CONSTITUENCY SERVICES



DMH offers individuals the opportunity to communicate with Help Line staff via text messaging or online messaging by accessing [www.dmh.ms.gov](http://www.dmh.ms.gov) and clicking on the “Talk About It” logo.

It’s no secret that the top choices of communication in today’s world are text messaging and e-mail. That’s why DMH has added a new feature to its’ statewide Help Line services which offer individuals the option of sending a text or online message to a member of the Help Line staff. Staff are available to provide help with mental health issues and suicide intervention around the clock. Because of the stigma associated with mental health, many people are afraid or embarrassed to seek help. ‘Talk About It’ offers Mississippians a more comfortable and easy way to initiate contact with the Help Line while remaining anonymous.

Mental health issues are on the rise in Mississippi. Many people are in need of someone to talk to who can provide support and resources. Individuals who access the ‘Talk About It’ program can discuss a variety of topics including depression, suicide, stress, grief, death of a loved one, relationship issues, self-esteem, physical/emotional/verbal abuse, cutting/self-injury, drugs, and alcohol, among other topics.

**Individuals can access the program by visiting [www.dmh.ms.gov](http://www.dmh.ms.gov) and clicking on the ‘Talk About It’ button on the home page. After creating an account, individuals can anonymously e-mail a Help Line staff or communicate via text messaging. The DMH Help Line is available 24 hours a day, 7 days a week at 1-877-210-8513.**



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