

Mental Health Center

B & T Health, LLC provides support to individuals diagnosed with mental health conditions helping them reintegrate into society through a personalized approach.

The company specializes in the below conditions:

- 1) Anger Management
- 2) Depression
- 3) Anxiety Disorders
- 4) Bi-Polar Disorders
- 5) Gender/Sexuality
- 6) Crisis Intervention
- 7) ADHD
- 8) Domestic Violence
- 9) Grief and Loss
- 10) Behavioral Issues
- 11) Suicidal Ideation
- 12) Trauma/PTSD



Scan Me !

Visit the B & T Health website

Contact Us

Tennessee Office Address:

2211 East Broadway Ave,
Maryville, TN 37804

Phone: (865) - 324 - 2043

Fax: (865) - 324 - 2046

Email: info@bthealth.org

visit our website!

www.bthealth.org

B & T Health, LLC

Helping you reach...
... your full potential.



Services Offered

- Individual/Family Therapy
- Couples/Marriage Counseling
- Parent Management Training
- Christian Counseling
- Psychiatric Evaluations
- Medication Management



HOW CAN WE HELP???

Promoting Mental Health for ALL Individuals....

- Empowering individuals with mental illness and their families by providing access to essential services in the local community.
- Together, we reduce stigma, promote mental health literacy, and ensure everyone has the right to quality care and support for optimal well-being.



Population We Serve:

- Children Ages 6 & up
- Adolescents
- Teenagers
- Young Adults
- Seniors



Skills We Teach:

- | | |
|------------------------|----------------------|
| • Life Skills | • Communication |
| • Social Support | • Sleep Hygiene |
| • Grounding Techniques | • Problem Solving |
| • Community Resources | • Coping Skills |
| • Box Breathing | • Decision Making |
| • Stress Management | • Nutrition |
| • Self-Esteem | • Social Skills |
| • Healthy Living | • Emotion Regulation |



Services Objectives

1. **Community Integration:** Develop relationships within the community to ensure our clients are being linked to the best resources available.
2. **Crisis Intervention:** Provide stabilization through intervention.
3. **Mental Health Treatment:** provide individualized care to improve one's emotional health.
4. **Personal Growth:** assist with personal growth through specific interventions designed to help illicit change within our clientele.

