

## BeWell

If you need mental health counseling, substance abuse treatment, or drug screening services, the Behavioral Wellness (BeWell) Center at Tampa Crossroads is sure to meet your needs and more! We offer evidence-based treatment with an emphasis on a client-centered approach. If you need guidance, find yourself wanting to make some changes and healthier choices, or simply need to talk with someone about what you may be going through we are here for you. Let us work together towards your fresh start!

## Services

- ❖ **SMART Recovery**- A recovery model that emphasizes choice and empowerment
- ❖ **Mental Health Counseling**- Improving cognitive thinking and behaviors. Help working through stress, depression, anxiety, anger management, trauma, PTSD
- ❖ **Substance Abuse Counseling**- Intensive Outpatient; Outpatient; and Aftercare
- ❖ **DUI Counseling**- Providing education on the importance of staying sober and driving safe.
- ❖ **Grief Counseling**
- ❖ **JADE Program**- Educational program for sex trafficking
- ❖ **Drug Testing** - Affordable drug testing to programs and the community

*Drug & alcohol testing on a walk-in basis, no appointment necessary. Test results are available within minutes!*

We treat each person as an individual.

*We are here to help you with self-discovery and to collaborate on ways to overcome the challenges you are facing.*



# Behavioral Wellness Center



The length of your treatment is determined by you and your counselor, although there may be some instances where a referring agency has guidelines for your treatment program.

Call to make an appointment for an in-depth assessment to discuss your needs.

**813-238-8557 ext. 200**

[www.tampacrossroads.com](http://www.tampacrossroads.com)