



## Mental Health Services at HMI

### Group Support

#### OUT

Get support in living out  
LOUD!

Mondays from 6-7:30pm

#### GET PSYCH'D

Find out what your  
brain does and show it  
some love

Tuesdays from 4-5pm

#### SHAKE YOUR SOUL

Get into your body and out of  
your head

Wednesdays from 4-5pm

#### ART & ANGER

Exploring anger  
creatively

Fridays from 4-5:30pm

#### YOUR HOUSE

Crafts, games and  
self-care

Tuesdays & Fridays  
from 6-7:30pm

#### USER FRIENDLY

A space to talk about  
substance and safety

Fridays from 6-7:30pm

### Individual Support

**On-call Counseling-** Are you feeling some type of way? Meet with a counselor for 30 minutes to talk about whatever's on your mind. Sign up at the front desk Monday-Friday beginning from 3:30-7:00. First come, first serve.

**On-going Counseling-** Meet with a counselor at a set time every week to work on mental health challenges and set goals for emotional health.

**Psychiatry-** Get a psychiatric evaluation for supportive housing or a letter to change your gender marker on your critical documents. Obtain a referral from your on-going counselor to discuss medication options.

