



**Providence
Health Care**

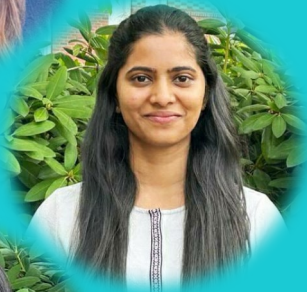
How you want to be treated.



ADLER UNIVERSITY

Adler Community Health Services (ACHS)

“ Asking for help is the first step ... You are more precious to this world than you’ll ever know.” ~ Lili Reinhart



Scan Me!



**For The
Individual
Therapy Self-
Referral
Form**



FREE!

We, a team of doctoral interns, are here to offer a range of wellness services to the PHC staff this year. These services address issues such as

- Stress
- Anxiety
- Mood
- Interpersonal Difficulties
- Burnout
- Grief
- Moral Distress
- Trauma

“ Give yourself the same care and attention that you give to others and watch yourself bloom.” ~ Ashita Kujadia

