



## What is Behavioral Health?

Behavioral Health is a holistic approach to wellness. It focuses on how social, emotional, and physical domains interact with factors such as family, health care, and housing, affecting our well-being.

## How Can HSRC Behavioral Health Help Me?

HSRC Behavioral Health's team of specialized professionals is trained in the unique needs and specific life transitions of the aging population. Our staff can help you manage and improve:

- Depression
- Anxiety
- Grief / loss
- Work stress / retirement
- Family discord
- Changes in relationships / roles
- Problematic substance use
- Trauma
- Adjustment to physical or health changes
- Financial stress
- Life transitions

Humboldt Senior Resource Center is dedicated to meeting the expanding and evolving needs of an aging population.

We provide a wide range of services, resources, education, and recreational opportunities that support the well-being of older adults in Humboldt County.

We envision a healthy, compassionate community that values intergenerational connection, honors the experience and wisdom of older adults, and embraces aging with awareness, sensitivity, and respect.



**Humboldt Senior Resource Center**

1910 California Street  
Eureka CA 95501

707-443-9747

info@humsenior.org  
www.humsenior.org



**Humboldt Senior Resource Center**

Behavioral Health



ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 707-443-9747

TTY 711

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 707-443-9747 TTY 711

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www.humsenior.org



## What Services Does HSRC Behavioral Health Offer?

We provide the following for qualified patients:

- Individual counseling
- Group counseling
- Substance use counseling
- Therapeutic case management



## Who Is Eligible for HSRC's Behavioral Health Services?

Any adult age 55 and older who resides in Humboldt County and who wishes to engage in therapy to address issues in their lives is eligible to receive services. Examples of qualifying issues include personal concerns, mental health challenges, or stress.



## Where Are Behavioral Health Services Provided?

Counseling and services can be provided in a setting that is most comfortable for the client, and our staff can come to you. This provides a variety of setting options including, but not limited to:

- In the Behavioral Health offices
- In the home
- In a community setting – including group sessions, if desired
- Via telehealth, such as videoconferencing (subject to insurance approval)

We work with each client to determine what treatment setting meets their needs.

## The Behavioral Health Care Team

HSRC Behavioral Health is staffed by a team of behavioral health therapists and support personnel.

## Cost

We accept the following insurance\*:

- Aetna
- Anthem
- Beacon
- Blue Cross/Blue Shield
- Cigna
- Medicare
- Partnership
- Tricare West
- United Healthcare

\*Please verify approval with your insurance provider that your health plan is accepted for our services. We will verify before starting services.

In addition, private pay is accepted. We also offer sliding scale payment options based on the patient's income level.

## Referrals

Eligible individuals can self-refer to the program. We also welcome referrals from medical providers and other community services and programs. You can also find a Behavioral Health referral form on our website at [www.humsenior.org](http://www.humsenior.org).

## For More Information

Call us at 707-443-9747 to speak with our staff regarding eligibility or to make a referral to the Behavioral Health program.