



# Resource navigation

## Seton Behavioral Health Care

Our resource navigators are behavioral health clinicians trained to help you connect with the resources you need. Whether you want to live a fuller life or need resources to help you feel better, our clinicians can help.

**We will work with you to find out what you need and create a plan of action.**

Finding the right type of help can be overwhelming. Call us and you will talk with a live person who cares. We will assist you in finding a therapist, psychiatrist, support group or other resources to deal with any of the challenges you may face:

- Depression
- Mood swings
- Suicidal thoughts
- Anxiety and worry
- Medication concerns
- Lack of social support
- Relationship problems
- Drug or alcohol use/abuse
- Problems with work or school
- Finding help for friends or family



**Call us to schedule an assessment  
at no cost to you**

**512-324-2039**

**toll-free at 1-877-918-2039**

### **Hours**

Monday-Friday 9 a.m.-5 p.m.

**[seton.net/behavioralhealth](https://seton.net/behavioralhealth)**



*There is no charge associated with this service.  
Providing services to residents of Travis, Williamson, Hays and surrounding counties.*