



# Making behavioral health part of your wellness journey has never been so easy.

## THERAPY & COUNSELING NOW MORE ACCESSIBLE TO MORE OTC EMPLOYEES

Burrell Behavioral Health is excited to announce a partnership with Ozarks Technical Community College (OTC), which now makes therapy and counseling services accessible to part-time OTC employees. This is part of your Employee Assistance Program (EAP). All OTC employees, including part-time employees, not covered for outpatient therapy and counseling services by their current employee benefits package, are now eligible for coverage effective December 1, 2020.

### Why Therapy or Counseling?

Having honest conversations is tough and we're here to help—you can talk about anything here! Therapy and counseling can help if you are experiencing any of the following:

- Trouble concentrating and thinking
- Feeling anxious or overwhelmed
- Thoughts keeping you awake
- Feelings of panic or dread
- Overwhelming feelings of fatigue
- Hopeless outlook on life
- Difficulty with relationships
- Out-of-control cravings
- Unable to stop harmful behavior
- Uncontrollable and changing emotions
- Trouble finding enjoyment in life
- Suicidal thoughts

### Getting Started

Our goal is to make accessing therapy and counseling services as easy as possible for you. We are here to guide you as you get started, and then work with you to build a care plan to help you heal, grow, and thrive.

In-person, virtual, and telephone appointments are available. To make an appointment or find out more information, please call 417-761-5000 and identify yourself as an OTC employee.

### We're Here to Help You Heal, Grow & Thrive

Our care practices are rooted in brain science and trauma-informed techniques to help individuals, youth and families heal, grow, and thrive. We know in order to live our best lives, everyone must feel safe, connected, significant, and respected (PersonBrain™). Therefore, we are committed to leading with safety and trustworthiness, operating with collaboration, and offering choices and empowerment.

Learn more about Burrell and our other service offerings at [burrellcenter.com](http://burrellcenter.com).