



Southeast Mental Health Services, a progressive mental health center, has been nationally recognized for its success in helping individuals, couples and families with the challenges they're facing, both big and small. Such challenges are typical for a soldier returning from military life to home; reconnecting with family and friends can be strained, reintegrating into the community can be difficult. SEMHS, with convenient office locations in La Junta, Lamar, Rocky Ford, Ordway, Las Animas, Springfield and Eads, is ready now to take your call.

That's right. No waiting list...no red tape and strictly confidential. All treatment services provided by SEMHS to the returning soldier and his/her family are kept in strict confidence. Unless requested by the person receiving services, this information is not shared with the Veterans Health Administration or other government agency.

The professional staff at SEMHS are skilled in the assessment and treatment in a variety of areas, including: depression; anxiety; substance abuse; children's issues; relationship issues; PTSD and traumatic brain injury.

SEMHS provides 24-hour, seven-day-a-week crisis intervention and assessment. We also offer outpatient therapy, psychiatric medication, consultation and case management services. Working together, our professional staff strives to provide the best possible service planning for individuals and their families.

Southeast Mental Health Services uses a sliding fee scale, based on household income and family size. We honor Colorado Indigent Care Program sliding fee cards. We are a Medicaid provider. We bill Medicare and private insurance. We accept cash, personal check, and credit/debit cards (Visa or MasterCard). No one will be turned away due to inability to pay.

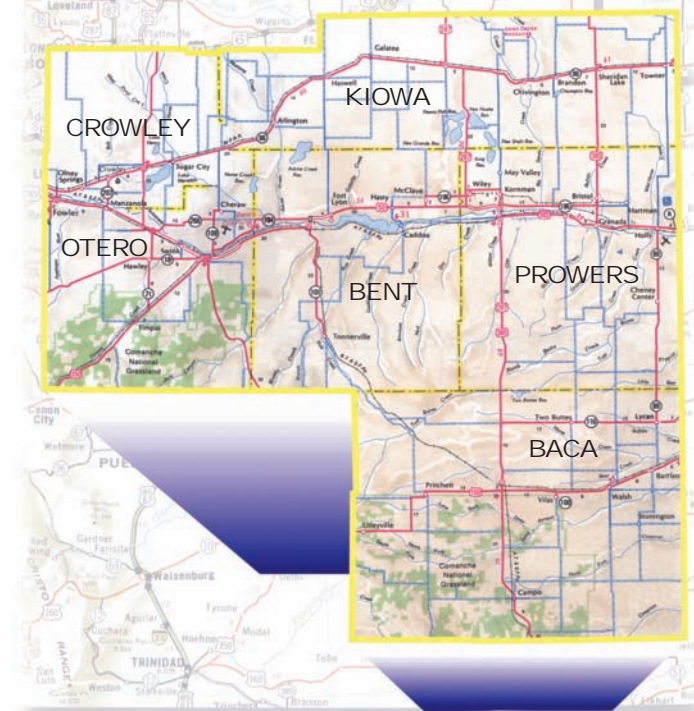
OUR MISSION

As a community mental health center, Southeast Mental Health Services is devoted to encouraging, promoting and fostering mental wellness through the preventing, early detection and treatment of mental illness and substance abuse by providing a comprehensive range of high quality services and education in the most efficient and effective manner for the benefit of the residents and the communities of Baca, Bent, Crowley, Kiowa Otero and Prowers counties.



We're Where You Need Us

La Junta 711 Barnes La Junta, CO 81050 719-384-5446 800-511-5446	Lamar 3500 First Street South Lamar, CO 81052 719-336-7501 800-603-7501
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1-800-511-5446	1-800-603-7501
Las Animas: 623 Carson Las Animas, CO 81054	Springfield: 1049 Kansas Springfield, CO 81073
Ordway: 220 First Street Ordway, CO 81063	Eads: Kiowa County Nursing Office 1208 Luther Eads, CO 81036
Rocky Ford: 903 South 12th Rocky Ford, CO 81067	

Do you experience:

- Anger, irritability and rage
- Feeling nervous
- Depression
- Difficulty trusting others
- Feeling guilt over acts committed or witnessed, the failure to prevent certain events, or merely having survived while others did not
- Hyperalertness and startle reactions
- Feeling grief or sadness
- Having thoughts and memories that will not go away
- Isolation and alienation from others
- Loss of interest in pleasurable activities
- Low tolerance to stress
- Problems feeling good about one self
- Nightmares
- Substance abuse
- Trouble sleeping
- Anxiety
- Paranoia

If you're experiencing hopelessness — that your situation or the way you feel will never improve — please call the number below. We want to talk to you and are available 24 hours a day, 7 days a week.

*Things can get better.
All it takes is a phone call.*



STATIONED HOME

CHANGING GEARS

**EMERGENCY
HOTLINE
1.800.511.5446**

