

### Signs and Symptoms

- Feeling down or sad and losing interest in usual daily activities, work, and the future.
- Having trouble concentrating
- Loss of energy and motivation to seek employment.
- Excessive use of alcohol or drugs.
- Trouble with anger, aggressive behavior and/or family relationships.
- Neglecting health and healthy habits.
- Having disturbing memories or dreams.

# Behavioral Health Assistance Program

The Behavioral Health Assistance Program helps participants overcome behavioral health issues while they work to achieve employment.

#### What:

The loss of employment or searching for a job can be very stressful. Sometimes people worry so much about financial and other problems they become bothered by emotional issues. Our Team can help! Our goal is to support you and help you be successful.

Our services range from individual sessions where you can explore your issues in private, to Stress Management Seminars where you can learn stress management techniques. The Team Counselors can also help you access community resources such as housing, utility assistance, transportation, medical care and other social supports.

#### Who:

The Behavioral Health Assistance Program serves individuals who are

TANF recipients or WIA Dislocated Workers who are working toward self sufficiency.

## When/Where:

Appointments and services are provided at any of the Workforce Career Centers throughout Tarrant County, the participant's home or other locations. The Team also provides targeted community outreach meetings where additional education and information is offered. If you would like to attend an outreach meeting or request an outreach meeting at your location, contact the number below.

#### Free:

There is no cost to the recipient of the service. The costs are supported through federal, state and local funds.



To set up an initial appointment, attend an outreach workshop or get more information: Contact the Behavioral Health Assistance Program Team:

- Counselor Tony Maclin, MS, LPC Arlington Office
   Phone: 817 528-4719, Fax: 817 804-4298, E-mail: tony.maclin@guinntech.com
- Counselor Joni Shaffer, MEd, Licensed Professional Counselor
   Phone: 817 528-4744, Fax: 817 231-0650 Ask about the Behavioral Health Assistance Program,
   Email: joni.shaffer@guinntech.com
- Counselor/Clinical Supervisor Tony Guinn, MS, LPC Phone: 817 692-8421, Fax: 817 231-0650, E-mail: tonyg@guinntech.com Main number: 817 349-8787



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