

Outpatient Counseling Services

The journey begins with one step...



1050 Division Street | Mauston
www.milebluff.com

608-847-1838

About the staff

The Outpatient Counseling Department is composed of professionals who are trained at the doctorate or master level, and are licensed with the state of Wisconsin.

Mile Bluff's counselors are experienced in structuring sessions and treatment plans to meet the specific needs of each person they serve. Team members continually enhance their knowledge base and skills, enabling them to meet every individual's needs.

Services at Mile Bluff

Our staff can assist you in managing the complications that stress, grief, illness or disability may add to your life. Counselors are specialized in marriage, family and individual issues.

We offer you help with:

- ◆ Stress and anxiety disorders
- ◆ Family or marriage issues
- ◆ Coping with caregiver stress
- ◆ Depression
- ◆ Coping with grief or loss of any kind
- ◆ Telehealth medication management

Speaking with our counselors may help you achieve an inner calm, come up with a better solution, or help you create a more positive self-image.

Take that first step toward a better you. Call today!

Our commitment to you

- ◆ You will be informed of your rights, and the benefits and side effects of counseling before you begin treatment.
- ◆ Outpatient psychotherapy counseling services are provided by highly-qualified professional staff members and consultants.
- ◆ A therapist and/or psychologist will perform an initial assessment to properly identify the presenting issue in order to develop the most effective treatment plan for you.
- ◆ Mile Bluff will not share your information with other individuals or outside agencies without written authorization, except in dangerous situations, and as required by law.

General information

Appointments - Counseling services are available by appointment only. Sessions can be scheduled by calling 608-847-1838. If you have an appointment that you are unable to keep, please contact us as soon as possible.

Insurance - Many health insurance plans provide benefits that cover all or part of your session fees. Private insurance, Medicare and Medical Assistance are all accepted at Mile Bluff.

Other - In order to help us serve you better, you may need to provide past medical information to us.

All information discussed with our counselors is held in strict confidence.