

Comprehensive mental health services, without the wait

When your mental health gets in the way of living your best life, our Admission Specialists are here to start your assessment today.

Compass Health Center Provides



Same or next day starts



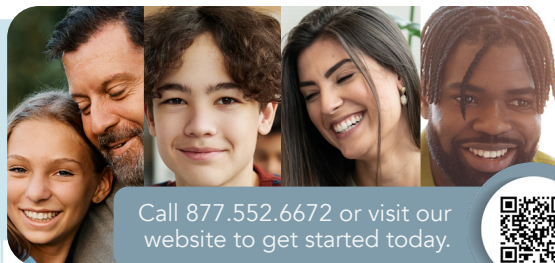
Access to a psychiatric visit within 24 hours of starting



Treatment of complex diagnoses



Ongoing check-ins with a dedicated psychiatrist/nurse practitioner



Call 877.552.6672 or visit our website to get started today.



Specialty Areas

Trauma

OCD

School Anxiety & Refusal

Depression & Anxiety

Mental Health & Substance Use

Mental Health, Chronic Pain & Illness

Services

Partial Hospitalization (PHP)

Intensive Outpatient (IOP)



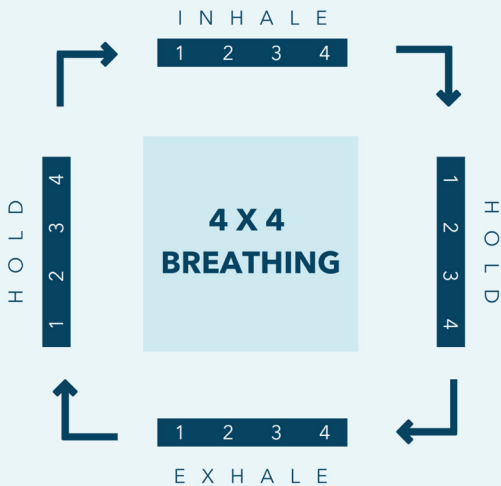
In-network with most commercial health plans

compasshealthcenter.net

ILLINIOS | MARYLAND | WISCONSIN
In-Person | Virtual
(Coming Soon)

VIRGINIA
Virtual





Try This Breathing Exercise to Manage Strong Emotions

1. Breathe in deeply through your nose and feel your chest and abdomen expand for 4 counts (i.e. 1-2-3-4)
2. Hold your breath for 4 counts
3. Breathe out, exhaling fully, and feel your chest and abdomen fall, for 4 counts
4. Hold your breath for 4 counts

☐ Repeat 3 times until you have done a total of 4 rounds

When symptoms of stress, anxiety, or depression feel overwhelming, we encourage individuals to access support and utilize coping skills like the one above. Call us or visit our website to learn more about our Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs and to schedule an intake.

Most commercial insurances accepted.



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