



**Integrative Behavioral Health Clinic**

## Free Behavioral Health Services

Clinic Hours Tuesday and Thursday evenings

To begin services, call (573) 882-2428

**Our Mission:** IBHC offers comprehensive integrative behavioral healthcare for adults who are uninsured or unable to afford low cost, high quality care.

Services provided by graduate and doctoral students at the University of Missouri School of Social Work and Counseling Psychology.

### Services offered:

#### Comprehensive Assessments for

- Mental Health
- Resource Needs
- Other Health Needs

#### Clinical Services

- Individual, Couples, & Family Counseling
- Case Management
- Crisis Intervention

#### Psychoeducational Groups

- Understanding Your Diagnosis
- Coping Skills Training
- Substance Abuse

**FREE CHILD CARE OFFERED DURING APPOINTMENTS**

Free Behavioral  
Health Services

Counseling

Case Management

Substance Abuse  
Support Group

STAGES

105 E. ASH ST.  
STE 200  
COLUMBIA, MO  
65203

