



YOU ARE NOT ALONE
Mental Wellness
Starts Here

Don't Wait to Seek Help

1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment. The average delay between onset of mental illness symptoms and treatment is 11 years. Don't suffer in silence. Seek help now.

Find Help

Contact your JCHC provider at 641-472-4156 for help navigating your care or visit JeffersonCountyHealthCenter.org for our Community Resource Guide that lists local Therapists and counseling services.

Community Resource Guide

