

Services Provided for — You at TCHS —

- **Care for all ages**
(children, adults, adolescents and older adults)
- **Supportive, Expressive and Psychoanalytic Psychotherapy**
- **Group therapy**
- **Individual therapy**
- **Behavioral therapies**
- **Motivational interviewing**
- **Substance abuse and addiction interventions**
 - phycho-pharmacology to decrease desire and craving
 - therapy to prevent relapse

Treatment by Appointment & Medical Referral only

YOUR MENTAL HEALTH MATTERS

Life can be tough! All of us need help at some point to face the changes happening in our lives. If you feel you or a loved one would benefit from our behavioral health services, talk to your healthcare provider today. They can give you a referral to getting the help you deserve.



BEHAVIORAL HEALTH SERVICES



Addiction Counseling
Anxiety and Depression
Trauma Grief and Loss
Relationship Counseling
Anger Management
Counseling for All Ages



120 Park Avenue, Hebron, NE 68370
402.768.7203 | fax: 402.768.4670
www.ThayerCountyHealth.com

Mental Illness is Treatable

MENTAL ILLNESS IS

- A medical condition disrupting a person's thinking, feeling, mood, ability to relate to others, and daily functioning.
- Common. One in four people will develop a mental illness in their lifetime.
- Treatable. Most mental illnesses can be treated effectively with medication, therapy, diet, exercise, and support. Recovery is possible.

CAN BE CAUSED BY

- Trauma. Sometimes traumatic events can play a role in triggering a mental illness.
- Chemical imbalance. Chemical or biochemical changes in the brain can be factors.
- Genetics. Some mental illnesses get passed along from one generation to the next.
- Environment. Exposure to toxins, illnesses, drugs, or alcohol can affect the developing brain in utero.

There are different screens available to see if you are experiencing symptoms of a mental health condition such as; anxiety, depression, mood disorders or post-traumatic stress disorder.

Kelsey Koranda
M.A., PLMHP



Kelsey Koranda is a practicing mental health practitioner at Thayer County Health Services. Kelsey graduated with a Bachelor's in Psychology in 2015 from Doane University, and received her Master's in Counseling in 2018 from Colorado Christian University.

Kelsey has experience working with addictions, family and marital issues, divorce, life transitions, career counseling, child and adolescent therapy, anxiety, depression, life skills, and Christian focused therapy.

Kelsey works with all ages including children, adolescents, adults, and geriatrics.

Call for consultation today!

Contact Information
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Dr. Rod Kohl, Ph.D



Dr. Rod Kohl has a Doctorate in Psychology and will be assisting with initial sessions with new patients at Thayer County Health Services.

Dr. Kohl is a practicing Clinical Psychologist with Lifespan Psychology Associates in south Lincoln.

Dr. Kohl special interests in Psychology are:

- Child and Adolescent Issue
- Anxiety Disorders
- Obsessive Compulsive Disorder
- Sexual Abuse
- Social Skills Training
- Developmental Disabilities
- Psycho-Educational Assessment
- Conflict Resolution
- Phobias, Peer
- Reactive Attachment Disorder,
- Post -Traumatic Stress Disorder
- Christian Counseling.

...because everyone needs a little help sometime.