

# Center for **MENTAL WELLNESS**

Therapy for your mental health journey



**Northwest Texas  
Healthcare System**

Center for Mental Wellness

As a specialized clinic for residents of the Texas Panhandle, the Center for Mental Wellness provides a warm and welcoming environment for addressing a wide variety of mental health conditions. The licensed providers there use evidence-based treatments to help decrease symptoms and improve overall quality of life.

**Conditions may include:**

- Anxiety
- Depression
- Personality Disorders
- Grief and Loss
- Postpartum Depression
- Trauma
- PTSD

**Services Include:**

- Individual Therapy
- Group Therapy
- Support Groups
- EMDR
- VRET
- Biofeedback
- Medication Management

***The Center for Mental Wellness is open  
Monday - Friday, 8 a.m. - 5 p.m.***

*Intensive Outpatient program may be  
accessed in person or virtual.*

**IF YOU OR A LOVED ONE IS  
STRUGGLING, HELP IS AVAILABLE.**

Call **806-351-7150** or visit  
**[nwthsbehavioralhealth.com](http://nwthsbehavioralhealth.com)**



**Center for Mental Wellness**

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806-351-7150 | FAX: 806-351-7155

Model representations of real patients are shown. Physicians are on the medical staff of Northwest Texas Healthcare System, but, with limited exceptions, are independent practitioners who are not employees or agents of Northwest Texas Healthcare System. The facility shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242346309-2395596 4/24